

# Disability NOW

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with an interest  
in disability

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# Court battle on Porton Down

Ex-servicemen who claim they were disabled by chemical-warfare experiments at the Ministry of Defence's (MoD) Porton Down Chemical and Biological Defence Establishment are fighting the Government for compensation.

So far, one has received legal aid, five more have applied, and another 40 are expected to make claims.

Meanwhile, shadow defence minister Derek Fatchett is calling on the MoD to set up an independent study of the long-term health effects of the tests.

He said: "We owe these people a debt. If it can be proved that the Porton Down tests damaged their health, they should be compensated."

The veterans are members of the Porton Down Volunteers Association (PDVA), an action group set up last year.

They claim to have developed breathing problems, skin and eye cancers, paralysis, and ear, nose, kidney and bladder disorders because they volunteered to take part in Porton Down research during the last 30 years.

Some of the soldiers had irritants put in their eyes, others were exposed to nerve gas or given LSD.

PDVA founder Michael Roach, who developed respiratory problems after being exposed to nerve gas in 1963, said: "We have 300 members who are angry about the way they have been treated. We plan

to bring an action for assault on the grounds we were never told what exactly was being done to us or warned about the long-term effects on our health.

"I used to be able to carry two bags of cement, now I would be pushed to carry two bags of sugar. The Government is spending £1.4 million on medicals for people in the nuclear industry, but won't spend a penny on us."

Alan Care of London solicitors Leigh Day & Co said his firm would start proceedings for personal injuries on behalf of the soldiers within six weeks.

*Continued on page 2*



Easter bunnies: brother and sister Paul and Karen Havard, aged 11 and 13, get ready to sink their teeth into the first ever charity owned Easter egg. Profits from the Fidgit Easter Egg will go to Mencap, Barnardo's, the National Society for Prevention of Cruelty to Children and NCH Action for Children. It contains a children's comic and "magic" chocolate beans, and costs £1.99. BT is using the egg to promote "phone-day" on 16 April when the telephone codes change. PETER TRULOCK

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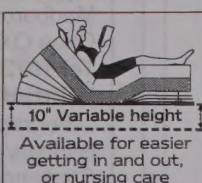
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## Motability under the spotlight

Major disability organisations are questioning the structure and financing of the Motability scheme after director Simon Willis left suddenly in January (*DN March*) and finance director Graham Moss announced he was leaving too.

The National Audit Office (NAO), which monitors central government spending is for the first time making "preliminary enquiries" into the relationship between the Department of Social Security (DSS) and Motability. The DSS spends £5.5 million a year on Motability's administration and equipment fund.

The enquiries may extend to Motability Finance Ltd,



Lord Sterling: Audit meeting

through which some £357 million a year of Disability Living Allowance is funnelled to banks which buy the vehicles used by Motability's 215,000 customers.

"We believe that a value for money study of Motability and the DSS will be a valuable exercise," said Stephen Bradshaw, chief executive of the Spinal Injuries Association (SIA) and chairman of Motability Users'

Liaison Group (MULG).

He and David Whitton of SIA have already met NAO officers; so has Motability's chairman Lord Sterling. NAO hopes to meet Motability's trustees and other MULG members.

On 16 March, representatives from the SIA, the UK Forum of Mobility Centres, the Disabled Drivers Association, Arthritis Care, Scope, and others planned to question Gerald Acher, Motability's vice-chairman, and other trustees.

They wanted to know why Simon Willis had been recalled at such short notice (he has also been demoted from Grade 6 to Grade 7, *DN* discovered); how Motability customers can be getting the best deal when there

*Continued on page 2*





Twenty-year-old Sophie Cartland, (right, with her enabler Annette Jenner), who has muscular dystrophy and cerebral palsy, is to lodge a formal complaint against "heavy-handed" police who frisked her at a demonstration in February against live animal transports from Coventry Airport. Warwickshire police argued they had received a tip-off that a woman in a wheelchair would be carrying a gun.

COVENTRY TELEGRAPH

# Eurostar bows to disabled travellers

Eurostar has said they may change the design of their cross-Channel trains after complaints by disabled travellers.

The internal layout would be improved to allow more than one wheelchair user in each carriage. The trains currently have two accessible carriages that take just one wheelchair each.

The move follows complaints by Bob Jamieson and his wife Sue, from Essex. The Jamiesons, who are both wheelchair users, wrote to Eurostar after their train's "inadequate" facilities meant Sue had to get out of her wheelchair and sit on a seat.

"We also had to travel in first class, which meant splitting up from our children," said Sue Jamieson. "We were obviously worried about the kids being on

their own. We feel every coach should be fully accessible with removable seats and safety clips for wheelchairs."

Once in Paris, the Jamiesons were furious about "inadequate" facilities at the station.

"The station terminal was totally inaccessible," she said.

"We could not reach the check-in area or waiting room because they were no lifts to take us upstairs and we could not even get to the toilets for disabled people."

Mr Jamieson, who has complained to his local MEP Richard Howitt, said: "There is plenty of new technology which can improve disabled people's lives. Eurostar should use it in all terminals and trains to make their service more accessible."

Eurostar have received a com-

plaint from another traveller, David Seymour, from south-east London. He enjoyed travelling on the train but found his hearing aid could not pick up the "consistently garbled and very fast announcements".

He found staff friendly but "blissfully unaware" of disability issues. "If only our rights could move along at a smooth 186mph."

A Eurostar spokesperson said: "It is possible that the design of our trains could be changed in future to allow more than one wheelchair user in each carriage, but we would have to be sure there was sufficient demand. The French have told us that they plan to improve access. We will ask staff to speak slower when making announcements."

## Motability under spotlight

Continued from page 1

is no evidence of competition, what profit the banks are making and why Motability's affairs seem to be veiled in secrecy.

When Mr Acher went to another meeting, called by Lord Sterling, there was widespread disappointment. As David Whittton said: "It felt like a direct snub, and left me hoping this wasn't a sign of future relations with

Motability's top management."

Gerald Acher was very surprised that his absence had provoked such concern. He had checked the agenda and spoken to Sir Peter Large before going to support Lord Sterling, who was ill. "They shouldn't be suspicious. I have nothing to hide. I'm astonished that Motability should be seen as a secretive organisation after all we've done."

He offered a meeting with MULG "at any time".

## Porton Down battle

Continued from page 1

Mr Care said: "We want disclosure of all relevant documents on chemical weapons and drug tests. Whether the Government then tries to invoke the Official Secrets Act remains to be seen."

If their case fails in the British courts, the veterans plan to go to the European Court of Human Rights. They have the backing of eight British MEPs

and Dunfermline MP Rachel Squire, who has called on the MoD to compensate them.

The volunteers' case was strengthened in March when Porton Down chief executive Dr Graham Pearson, told Mr Fatchett that the volunteers did not get regular long-term after-care.

The 5,400 volunteers who took part in tests from 1965, received a check-up and regular medicals while they were in the forces, but none had been

monitored since leaving.

Dr Pearson argued: "There is no evidence over the past 40 years to suggest that service volunteers who have participated in studies at Porton Down have suffered any harm to their health."

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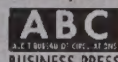
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## Incapacity warning

Up to 190,000 people will come off Incapacity Benefit (ICB) and be moved on to the Jobseeker's Allowance in 1996-97, the National Association of Citizens Advice Bureaux has predicted. Parliamentary liaison officer Katie Ghose warned the All-Party Disabling Group that some disabled people among the 190,000 faced being shunted between offices, unable to qualify for either benefit.

Department of Social Security's (DSS) advertisements for ICB, which starts in April, are "misleading", said Labour shadow Social Security Minister Donald Dewar in March. Mr Dewar said DSS claims that "there will be no cash losers at the point of change" struck "a falsely reassuring note" for those who will be ineligible for ICB.

## Scope shortfall

Donations to Scope, formerly The Spastics Society, fell by £271,000 in November, a donor appeal letter from chief executive Anne Robinson has revealed. She called the fall "disappointing". Fund raising general manager Colin Jones said it wasn't that fewer people were giving money, but that people seemed to be giving less. The name change in October, the economic climate, and the start of the National Lottery could be factors, he speculated.

## Councils cut back

Eight out of ten councils have said they will have to slash services this year as a result of cutbacks in Government funding. A survey of 70 councils, carried out by the Association of Directors of Social Services in March, showed directors plan to tighten eligibility for services, cut investment in home care and increase some charges above inflation. The highest planned cut was £12 million and the average £1 million.

## What's on in DN next month

\* Ideal Home Exhibition – what's hot and what's not

\* Complementary therapy – (9) cranio-sacral massage

\* Finance by phone – DN puts you on the right line

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Complementary therapy has been held over until May.

# Bank collapse fuels fears

More than 800 charities fear for their future projects after the collapse of Barings bank in February.

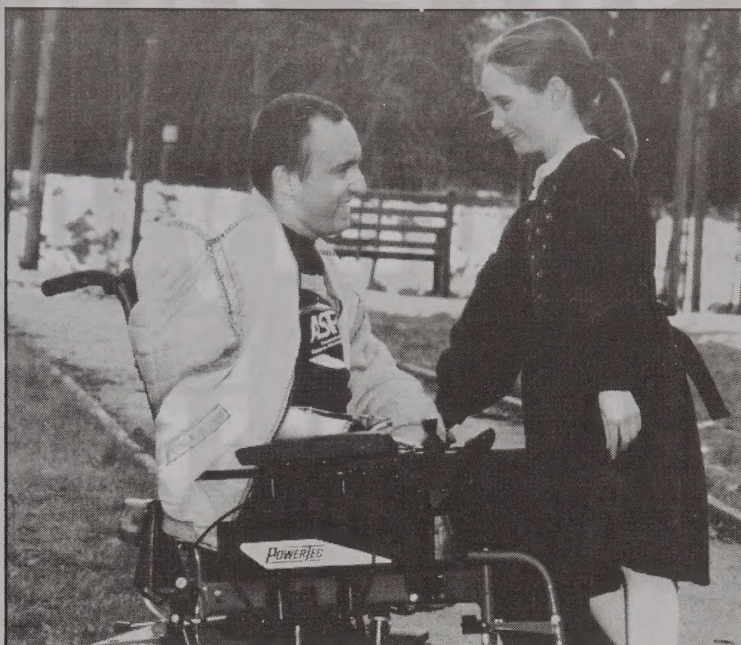
The bank's crash has meant that the Barings Foundation, a charitable trust that gives grants to charities, has had its investment income cut from over £13 million a year to £2 million.

A £10 million donation from the Dutch bank ING, agreed as part of its purchase of the bank, will enable the foundation to honour its existing commitment to charities.

But it will not be able to make new grants "for some time".

Foundation director David Carrington said: "We will continue being a significant grant-providing charity, but most of our income in the next few years will be used to pay existing grants. When we give grants in future they will be smaller than before."

The Mental Health Foundation, which received a £300,000 grant from the foundation this



BT saved the day for Ian Hedges by supplying the £3,000 motorised wheelchair promised to him by spinal injuries charity ASPIRE before their assets were frozen in the Barings crash. Mr Hedges is with nine-year-old Rachel Morton, daughter of BT's community affairs manager.

year, said the collapse of the bank was "a major setback".

"It will not affect our current projects, but we are concerned that our charity will not get

similar grants in the future."

Martin Long, fundraiser of Action on Disability and Development, which received a £75,000 grant last October, was

also concerned about the size and availability of future grants.

Lorna Reith, director of Disability Alliance, which has just received a grant of £33,000 over two years, said: "It helped us out by funding our ethnic minorities development project. There are not many trust funds that support this kind of work. It would be a big blow if they could not fund us in future."

Dot McGohan of DIAL UK, which is at the beginning of a three-year project funded by the foundation, said: "Their financial problems will have quite an impact. We may have to seek funding for future projects from other bodies."

ASPIRE, a charity for people with spinal injuries, feared it might close when its £1.2 million assets were frozen for three weeks after the collapse.

A spokesperson said: "If ING had not bought Barings we could have gone under."

The Thalidomide Trust also had £660,000 of assets frozen.

## Equal ops investigator attacks job agency

An Equal Opportunities Commission (EOC) investigator has criticised an employment agency for allegedly discriminating against disabled people.

Chris Burgess believes the agency, Workforce Employment in Halifax, discriminates by

requiring people to visit the agency in person to sign on its books – and then being inaccessible to wheelchair users.

Ms Burgess, who cares for a disabled child, was investigating the agency for allegedly running sexist advertisements. Each time

she went to the agency she had to go up a large flight of stairs.

"If you had a mobility problem you would not have a chance."

The agency places about 600 people a week in employment, but, said Ms Burgess, for disabled people "the work is now

up that flight of stairs".

Workforce Employment would not speak to DN, but issued a statement through solicitors saying employees could conduct interviews with disabled people at a ground-floor premises next door, if informed in advance.

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# "I'm sure Tony's only deaf when it suits him."

Colin Herbert, Director of Vina Ltd.

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# Carers come in from cold

Britain's carers are unpaid, over-stretched and largely ignored, two reports revealed in March.

*Behind Closed Doors*, published by Scope (formerly The Spastics Society) was the first survey ever undertaken of the experiences of carers. It was the third report in the charity's *Disabled in Britain* series.

The British Medical Association's (BMA) report *Taking Care of the Carers*, showed the contribution carers make to

society, by saving the state an estimated £34 billion a year. It also showed the financial and emotional toll of their work.

*Behind Closed Doors*, carried out for Scope by the independent research agency BMRB International, questioned 1,324 parents and carers of disabled people. It found:

- More than half faced financial hardship
- Three quarters had health problems as a result of caring

• More than three quarters felt tired and frustrated, a quarter had contemplated suicide

• Two thirds felt caring put a strain on their marriage

• Nearly two thirds said they did not get enough state help.

It called for civil rights for disabled people and better community care, improvements in the way carers are told about a child's disability, and more flexible respite care provision.

It also backed Labour MP

Malcolm Wicks' private member's bill calling for a legal right to needs assessment.

Ann Robinson, chief executive of Scope, said: "A poor quality of life for a disabled person actually means a poor quality of life for the carer."

"There is a great need for more respite care and home helps, and better flexibility of provision."

The BMA's report called for a separate carers allowance to replace lost earnings, and a

legal right to at least two weeks respite care a year.

It also called for more recognition of carers' needs and the role they play in society.

*Respite care probe*, page 14

*Disabled in Britain: Behind Closed Doors*, £4.95, Scope, 12 Park Crescent, London W1N 4EQ, tel: 0171-636 5020.

*Taking Care of the Carers*, free, BMA, Tavistock Square, London WC1H 9JP, tel: 0171-383 6611.

## Students' aid comes of age

Skill, the national bureau for students with disabilities, celebrated its coming of age this year with a party at the House of Lords in February.

Minister for Disabled People William Hague congratulated the charity on the "vital help" it gives disabled students, and promised "further and continuing action" to improve access to education and training.

In 1987, Skill found there were 43,000 students with disabilities. The number is growing fast. Last year 4,000 students approached Skill for help; this year they expect 5,000.

Director Deborah Cooper said: "We are caught between wanting to be better known so that comprehensive information is available and knowing that if we are too well known we won't be able to meet the demands."

Skill receives a grant from the Department for Education, fees from research projects, publications and donations.

Skill, tel: 0171-274 0565.



Congratulations Vicky! Victoria Scott, daughter of MP Nicholas Scott, and partner Peter Hanington are the proud parents of Jack (named after Lord Ashley), born in February. But when will we see Jack junior out lobbying for civil rights?



Teenager Cassie Lewis (with mother Heather, left), who, it is alleged, was left paralysed after swimming in polluted water at Oxwich Bay, West Glamorgan, suffered a setback in her fight for compensation in February. West Glamorgan Health Authority ruled out a specific link between sea water at the beauty spot and her disability. Ms Lewis is one 21 swimmers who have reported symptoms. JEFF MORGAN

## Model agency slams 'indefensible' photos

Photographs in *American Vogue* magazine of an able-bodied model using equipment for disabled people have been branded as "indefensible" by a British modelling agency.

The pictures, taken by controversial photographer Helmut Newton for the February edition, illustrate a range of high-heeled shoes. But they also show supermodel Nadja Auermann:

- sitting in a wheelchair
- walking with a stick and her leg in a stylised prosthesis
- helped up steps, using sticks
- standing beside a false leg, with the caption "out on a limb".

Louise Dyson, of the Louise Dyson Modelling Agency in Birmingham, which employs a number of disabled models,

said the pictures were "in very poor taste".

"Helmut should be ashamed of himself. This could have been very positive and genuine. What a missed opportunity. It borders on fetishism."

David Morgan, of equipment manufacturers Sunrise Medical, who, with DN, last year sponsored a competition for disabled models, called the pictures "exploitative".

DN approached both *American Vogue* and Helmut Newton for a comment. *American Vogue* did not reply and Mr Newton's office refused us permission to reproduce the pictures. When asked for a reason, a spokesperson for Mr Newton said: "There is no reason."

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Minister for Disabled People William Hague addressing the Conservative Disability Group annual general meeting in March. About 100 members attended, including the most wheelchair users ever admitted to a House of Commons committee room. NIC PATON

# Tory predicts bill U-turn

The Government will be forced to backdown if it does not include a National Disability Commission within its Disability Discrimination Bill, a Tory supporter has warned.

Jonathan Kaye is a member of the Conservative Disability Group (CDG) and Tory think-tank the Bow Group, who have published his work on disability. He is a keen supporter of a commission (*DN March*).

He pressed William Hague, Minister for Disabled People, on the issue when the minister spoke at the CDG's annual general meeting.

Mr Hague responded by confirming that Citizens Advice Bureaux (CABs) could be the first port of call for disabled people who feel they have been discriminated against.

Ministers were negotiating with the National Association of CABs, he said. A decision is expected on 29 March.

After the meeting, Mr Kaye told *DN*: "I believe this legislation will go the same way as that for the Child Support Agency. The Government will be forced to make an embarrassing climbdown."

The CDG was damaging the Conservative Party by not supporting a commission, he added.

"I would put my money on there being a separate piece of legislation to set up commission within three years. Otherwise I cannot see how local authorities will enforce it."

The Government's bill came out of committee in the first week of March, and is due to get its report stage reading on 27 and 28 March.

Amendments on education, small firms, transport, a commission and the definition of disability are due to be put down by Labour and Tory MPs. The Tory MPs include Alan Howarth, Sir John Hannam and David Congdon.

Meanwhile, campaigners are waiting to see if there will be enough parliamentary time to discuss Harry Barnes' civil rights bill in committee. It is currently in a queue behind three others.

## Mortgage plan studied

Government proposals to scrap mortgage assistance for people on income support (*DN January*) have been referred to the independent Social Security Advisory Committee for consultation.

The scheme, which was announced in the budget and comes into force in April, will mean that people who have trouble finding work, or who are made redundant, will be unable to protect their homes from repossession – unless they have private insurance.

The consultation will look at the limits of private sector help for home-owners. The process will finish on 31 March, after which a report will be made.

## Carers backed

Labour MP Malcolm Wicks' Carers (Recognition and Services) bill received its second reading in Parliament in March.

The bill then got the surprise backing of the Government, with Health Minister John Bowis pledging an extra £30 million for respite care in the coming year.

But the Association of Directors of Social Services (ADSS) said it would be "an inexcusable betrayal" to raise carers' expectations.

The bill would cost £280 million to implement, the ADSS warned.

*Respite care probe, page 14*

## Concessions on taxis and premises

All black cabs will have to be made accessible to disabled people, said Transport Minister Steven Norris in February.

No date for compliance has yet been fixed. It will be agreed when the Disability Discrimination Act (DDA) is introduced.

Mr Norris was responding to plans proposed by the Commons Transport Select Committee.

Bert Massie, director of the Royal Association for Disability and Rehabilitation, said the announcement was the culmination of 15 years' hard work.

But the National Federation of Taxicab Associations said it would place "an impossible burden of heavy financial commitment on every taxi driver".

Proposals to outlaw discrimi-

nation against disabled people in the sale and letting of premises were also introduced in February.

Landlords will not be able to turn down or evict a tenant on grounds of disability. But lodgers will be excluded.

The Government will also consider widening the definition of disability, and the goods and services covered by the DDA.

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ENDOOLITE

## No schools access

The Government has no intention of making all UK schools wheelchair accessible, admitted Education Minister Eric Forth in February. He was replying to a question from Labour's Robin Corbett, co-disability rights shadow minister.

The Government is conducting an audit of accessibility in primary and secondary schools, to be completed by May. Mr Forth added: "I hope, some time in the near future, to be able to announce a new project to improve accessibility in our schools."

## GP strike-offs rising

The number of people struck off GPs' lists in Scotland has increased by 71 per cent in three years, an early day motion revealed in March. It called on Ian Laing, Secretary of State for Scotland, to amend health service regulations to give people a right to a written explanation "as a matter of urgency".



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DN495



# Parent power stops cuts

Parents have won their fight to stop classes being cut at a leading Belfast special school.

Greenwood House Diagnostic Centre's speech and language unit, the only one of its kind in Ulster, helps 56 children with speech problems.

But the South and Eastern Belfast Community Trust Health Board decided in January that the school's speech therapy service would be reduced by a quarter. This meant cutting the number of speech therapists in the unit from three to two.

Angry parents formed an action group and complained to the board and the Department of Education.

East Belfast Ulster Unionist

councillors Jim Rodgers, Ian Adamson and Alan Crowe also took up the school's cause.

The protests paid off in March when the board said the school's speech therapy would be restored in September.

Headmistress Pat Scott said: "We are very relieved. The cuts would have meant turning children away."

Tim Meaklin of the parents action group said: "This shows what parents can do when they get together and fight for services."

A board spokesperson said: "Speech therapy was cut because of an overspend in our budget. But, after discussions with relevant parties, we decided to restore the service in full."



Heading for success: budding soccer stars enjoy a kick about before the launch of the London Sports Forum for Disabled People

## Hitting the right note

Anna Gosch reports

The South Bank Centre in London is undertaking a substantial review of its facilities and services for visually impaired people.

One of the developments is Talking Notes, an audio-description service now being piloted at the Royal Festival Hall.

The new service, launched in February, means the audience can listen to a verbal introduction of what they are about to hear, with comments from the conductor and musicians.

After each piece of music, the listener is kept informed about what is happening next.

Talking Notes is transmitted via an infra-red system to a pair of headphones which listeners pick up before the concert and hand back afterwards.

The Royal Festival Hall has over 200 pairs of headphones, which can also be used to amplify the sound on the stage for people with hearing impairments.

The sound quality of Talking Notes is excellent and the service is available to everyone.

Royal Festival Hall information line, tel: 0171-928 3002.

## New forum makes history

Britain's first sports organisation run by disabled people was launched at Arsenal football club, north London, in March.

The London Sports Forum for Disabled People (LSF) will be calling on ministers and sports bodies to provide disabled athletes with greater opportunities to join sports clubs, take training courses and compete in mainstream events.

The LSF will also offer information, advice and disability awareness training. Over half its

management committee will be disabled people.

Meanwhile, ex-England captain Gary Lineker will be patron of a new UK football league for players with learning difficulties.

Sponsored by BT, it will enable footballers with learning difficulties to play soccer regularly and take part in award schemes.

LSF, tel: 0181-778 8600.

UK football league, tel: (0116) 275 5551.

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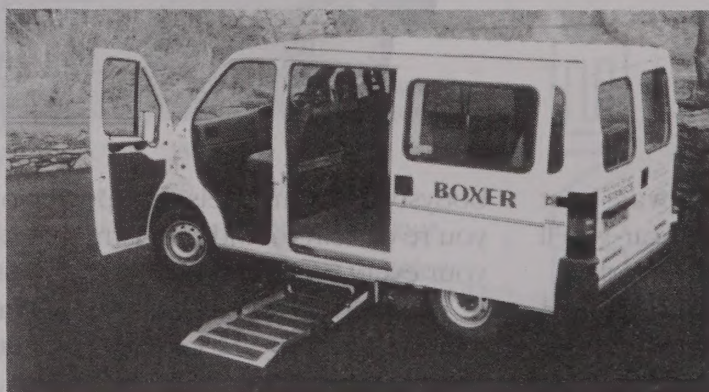
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## Job scheme slammed

The Jobseeker's Allowance Bill, which comes before Parliament at the end of March, has come under fire from the Unemployment Unit (UU), an independent think-tank.

The UU is concerned that the bill would introduce an American-style "workfare" system, in which employment and training schemes for jobless people become compulsory.

Those affected by the bill, currently in committee stage, would include disabled people on invalidity benefit who were "found capable of work" under the new incapacity benefit medical test.

UU research director Dan Finn said: "The powers outlined in the bill would mean that jobless people who fail to attend an employment or training scheme without good reason could be heavily penalised and lose up to six months benefit."

"Although many people find such schemes useful, others are not convinced of their effectiveness as a stepping stone to jobs."



# School boy gagged

A four-year-old boy with asthma was bound and gagged at a Birmingham school in February for clapping in class. Nathaniel Thomas, from Birmingham, had his hands bound together with sticky tape and then strapped to his legs. Tape was also placed over his mouth.

The incident happened at Lee Bank Junior and Infant School. Disciplinary proceedings have started against the teacher Christine Dingley, who is off sick, and a full inquiry has been ordered by Birmingham Council's education department.

The boy's parents are angry that the school failed to tell them the full story of Nathaniel's ordeal for two days and are planning to make a complaint to the police.

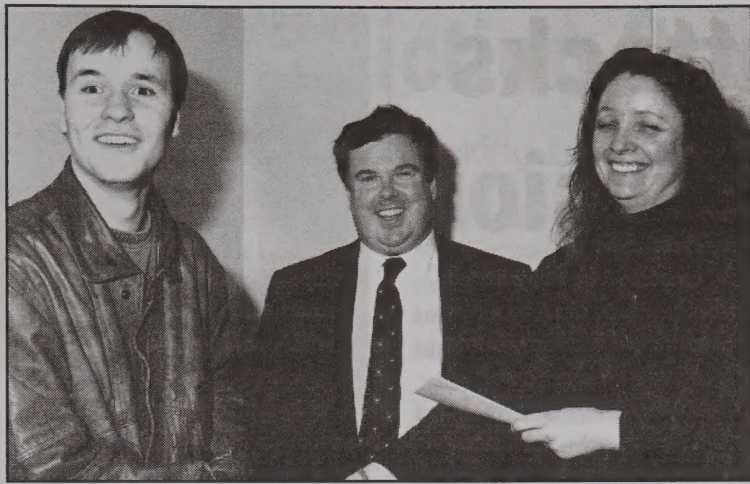
His father, Dean Thomas, said: "I picked Nathan up from school and he came over saying his mouth had been taped up. There was no need for it. Nathan is only four."

Some parents of the school have signed a petition backing the teacher, claiming that Nathaniel was a disruptive influence in class.

Head teacher Jenny Thomas said: "We are treating this incident very seriously and are taking the appropriate action under our disciplinary procedures. The teacher has given a full apology and we are looking

at ways to ensure that such an incident cannot happen again."

A National Asthma Campaign spokesperson said: "We cannot comment on specific cases, but any child put in a situation like this is likely to be frightened and put under a great deal of stress, which can be a factor in triggering asthma attacks."



Top marks: Chris Hickish (*left*), a blind student from Southampton Institute, plans a holiday abroad after scooping this year's IBM Student Award. Chris, who is taking a Media and Cultural Studies course, was presented with a £150 cheque from his tutors Professor Tim Wheeler (*centre*) and Dr Anne Massey. The annual award goes to a student at the institute who has had to overcome "particular challenges" during their course.

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## Speaking out

A new coalition of 12 disability groups is calling on local authorities and hospital trusts to improve services for people with communication problems.

The Communications Forum (CF) was launched in January to improve opportunities for people who stammer, are hard of hearing or face other communication problems. Members include Sense and I-CAN.

CF chairperson Sara Ross said: "Thousands in Britain are unable to communicate effectively. Their needs have been ignored for too long."

## Lottery lolly

Initiatives which help disabled and elderly people will be given a "high priority" when money raised from the National Lottery is given to some 700,000 organisations next year.

The National Lottery Charities Board's draft guidelines\*, published in February, said those "at greatest disadvantage" would be favoured.

\*Free, tel: 0171-839 5371.



# Which? attacks access provision

Building regulations need to be substantially overhauled to allow better access, with disabled people having more input in how they are drawn up, according to the independent magazine *Which?*

*No Entry for Some*, a report in the March issue of the magazine, which is published by the Consumer's Association, says disabled people are still denied access to goods and services. Architects and builders are failing to follow guidelines.

More powers should be given to local authorities to monitor the implementation of regulations in a "consistent" way.

It falls short of calling for a commission to police regulations, but says: "Consumer groups should have the right to take offenders to court when they fail to comply with regulations."

Regulations should be

extended to include conversions and "some of the other exempt categories of buildings".

Sarah Langton-Lockton, chief executive of the Centre for Accessible Environments, said the report painted a "dispiriting" picture for disabled people.

"Architecture is not just about meeting the requirements of the Part M regulations, but empathising with those using that building. We want to see more effort from the profession."

Andrew Walker of the Architectural Association felt *Which?* could have gone further.

"We would like to see civil rights legislation. That would mean architects would have to educate themselves in this sphere. For most, it is a fringe issue, not a mainstream one."

*Consumer's Association*, tel: (0800) 252100



Bert Massie, director of the Royal Association for Disability and Rehabilitation received a special accolade at this year's Snowdon Awards in March for his "outstanding contribution to the lives of people who are disabled". Mr Massie, pictured with Lord Snowdon (right) said he was "honoured", but looked forward to a time when it would not be necessary for a charity to make such an award.

## In brief

### Mercury helpline

Telcommunications firm Mercury has launched a Freecall textphone helpline for deaf and hearing impaired people. The service will provide help with sales enquiries, bill queries and telephone faults.

The company has also published a special needs catalogue detailing the specialist products it has available.

*Helpline: (0500) 500182. Special Needs Catalogue, free, from Zena Marchington, New Mercury House, Red Lion Square, London WC1R 4HQ.*

### One careful owner?

A guide to help disabled drivers buy second-hand vehicles has been published by the Mobility Information Service (MIS). *Buying a Second-hand Car\** offers advice on choice, supply and demand and where to find the car of your dreams.

*\*Free with a 9x6 SAE, MIS, the National Mobility Centre, Unit 2, Atcham Estate, Shrewsbury SY4 4UG.*

### Higher and higher

Prescription charges rise by 50p to £5.25 on 1 April. The move has been condemned, despite the announcement by Health Minister Gerry Malone that vouchers to help with the cost of spectacles and contact lenses will be increased by 3.25 per cent.

### Armchair travel...

An airline ticket that can be booked through a personal computer or modem has been launched by independent ticket firm Seaforth Travel with booking system Minerva Online. The Ticket Window allows users to access reservation systems.

Tel: (01493) 440066.

### Corrections

From DN's March issue: It was, of course, Matthew Carington, MP, who supported the Barnes bill (page 1), not Michael. David Hutton was referring to batteries placed under the middle of a motorised wheelchair, (page 5) potentially causing the chair to slide forward.

The Mousetrap computer device (page 14) is manufactured by Michaelis Engineering. The Disabled Living Centres Council (page 18) simply gives advice on the location of its nearest centres.

From DN's January issue: Travelcare (page 18) has two telephone numbers: (0800) 181532 and 0181-295 1797.

## Asbestos still a risk, warns health executive

Workers are still at risk from exposure to asbestos, the Health and Safety Executive (HSE) warned in March.

It was responding to an article in the medical journal *The Lancet* that found that as many as one in 40 of all men in their fifties who have been exposed to

asbestos dust may die of the cancer mesothelioma. The cancer kills about 1,000 people a year in the UK.

Dr Peter Graham, senior health policy officer at the HSE, said: "Our concern now is about workers who are casually exposed to asbestos dust and

who - very often because of their youth and inexperience - are now unaware of, or tend to discount, the dangers."

Meanwhile, the Trades Union Congress (TUC) launched a paper in February calling for the controversial Compensation Recovery Unit to be abolished.

The unit has been the subject of a campaign led by Scottish workers who have asbestosis, and who have had their compensation claims clawed back by the unit (DN October 1994).

*Robbing the Victims* describes rules that govern the unit as "pernicious, unjust and inefficient".

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# Incapacity Benefit: a contradiction that can't last

DN's benefits expert Dave Gibbs explains the new benefit and the thinking behind it

Calls from DN readers reveal concern about the effects of the Social Security (Incapacity for Work) Act, coming into force on 13 April.

Entitlement to Invalidity Benefit (IVB), based on your contributions record and a GP's statement of incapacity for work, has always been open to medical review by the Department of Social Security (DSS). Special "trawls" were never admitted, but welfare rights advisers would get a batch of cases, revealing periodic purges to get people off benefit.

Two years ago, this process of review was cranked up to a new pitch, and thousands of people had their benefit stopped. The tightening up was so indiscriminate that, in one county alone, there were 800 appeals against loss of benefit and over 90 per cent of them were successful.

Clearly, enough savings could not be made within the present rules, so in April the rules change. The aim is to get about a sixth of claimants off benefit.

## What will change?

Rates of payment don't change, though some people with an earnings-related addition will notice their future annual uprating is slightly reduced because the addition will be "frozen".

The main change is the introduction of "medical testing", which has no bearing on the real causes of "incapacity".

Everyone on IVB will have a medical review, most during 1995. For new claimants, the first 28 weeks of incapacity will be covered by a GP's statement, as now. Then you will get a questionnaire about your "functional limitations" followed, if the DSS thinks it necessary, by a DSS medical. If you score a total of 15 points, you qualify. The same test will apply to future claimants of Severe Disablement Allowance and the disability premium of Income Support.

## You're "ill" not disabled

Advising on "incapacity" has always had a basic dilemma: the system makes no sense.

It never made any proper distinction between illness, where you stay off work till you are better, and disability, where what excludes you from work is nothing to do with a "medical condition", and everything to do with access barriers, bureaucracy, negative attitudes — in other words, discrimination.

This flaw has been in the benefits system for nearly 50 years and is now an intolerable drag on progress. There is no way, for example, that present defini-

tions of "incapacity" can co-exist with any form of anti-discrimination legislation.

But instead of tackling the issue, the April changes are just a cop out. A list of "conditions" which will be exempt from the medical tests includes many people who would see them-

selves as "fit", but excluded from work by outside obstacles.

No wonder that disability organisations decided they wanted no part of it. The only consolation to people who have to endure the tests will be that the system cannot survive long with such contradictions.

## How could it affect you?

- Most people will have no problem. They will qualify, or be exempt from the test because of existing benefits or specific "medical conditions".
- Some new claimants will come into tax for the first time, because Incapacity Benefit is taxable.

• Anyone losing benefit who does not believe they can work should appeal and get advice.

• Anyone who feels mistreated in the conduct of medical tests should complain. The Benefits Agency is bound by a customer's charter. Disability organisations and welfare rights services will be monitoring the tests.

Multiple Sclerosis is a degenerative condition. It attacks the central nervous system, causing disorders of muscle co-ordination and partial paralysis.

As a result of advancing MS, Judith Smart of Blackpool has used a wheelchair since 1992. A particular frustration was missing callers because it takes her so long to get to the door. If she was upstairs, for example, a ring at the front door necessitated getting out of one wheelchair, onto the stairlift, and then

So I can stay there and tell the postman to leave the parcel in the porch, or ask a friend to pop back in half an hour. It's brilliant.

Nor is it just about convenience. All householders - not just disabled people - are worried about security these days. You hear so much about crimes against property.

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## "As soon as I read about Answermaid I knew it was exactly what I needed"

into another wheelchair before propelling herself to the front door.

Now all that has changed. Reading the disability news pages on Ceefax in 1994, she heard about Answermaid.

"When you're housebound, you enjoy company. I do anyway! Anyone who is disabled will understand what it's like. Everything takes so long. Getting to the door is a struggle. It's so annoying when you eventually get to the door and the caller has given up.

As soon as I read about Answermaid on Ceefax, I knew it was exactly what I needed.

For a start, now I always know when someone is at the door even if I'm at the back of the house. Before I didn't always hear the bell, now I do.

The second thing is that I know who it is. I know whether it's worth the effort to get there. And when I do, I know it's safe to open the door.

And that applies not just when I'm downstairs, but resting in bed or enjoying a shower. When it takes as long as it does to get a shower organised, you don't get out in a hurry!

that produces the most horrific high-pitched noise from the control panel inside the house and from the bell-push outside.

It's more than enough to scare the intruder away or notify neighbours that I'm in difficulty.

If I go away, I leave the Answermaid handset with one of my neighbours. They can respond to callers on my behalf to create the appearance that the house is still occupied. It's so simple.

All my friends and family are impressed by its telephone speech quality and stylish looks. My garage is protected by an alert unit which sets off the same high pitched noise as the panic button, but in this case it also sounds from the handset alerting me (or my neighbours) to the presence of an intruder. It was installed

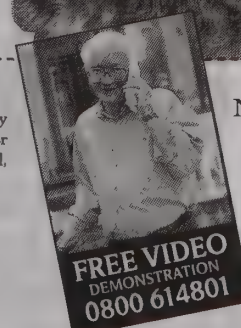


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DN 4/95



## CVS tests linked to disability

A possible link between chorionic villus sampling (CVS) and infants born with missing limbs should be investigated, according to a government advisory group.

CVS is an ante-natal test used to identify Down's syndrome in unborn babies. Cells are removed from the placenta and analysed.

The Advisory Group on Congenital Limb Reduction Defects wants an investigation into the effects of CVS in the first three months of pregnancy and more research into the possible preventative role of folic acid.

Research at Oxford's Churchill Hospital has shown that babies having CVS in the first ten weeks of pregnancy are more likely to be born without limbs (*DN August*).

REACH, a self-help group for families of children with missing upper limbs, welcomed the report. Spokesperson Elaine Clarke, whose four-year-old daughter Rosalind has a missing forearm, said: "We are pleased with the recommendations. Ways of stopping the disability must be found."

Health minister Baroness



Elaine Clarke of REACH plays with her daughter Rosalind, who has a missing forearm

GERRY MCCANN/NURSING TIMES

Cumberlege said the Government would act on the advisory group's recommendations.

REACH, tel: (01604) 811041.

## Drug eases arthritis

An antibiotic may bring relief to thousands of people with rheumatoid arthritis. It has been

successfully tested in the US.

Researchers at the Henry Ford Health Science Centre, Michigan, have shown that minocycline, an antibiotic used to treat acne, is an effective treatment for patients with mild to moderate rheumatoid arthritis.

The trial was set up after the discovery that minocycline can dampen the immune system and block the action of enzymes, which play a key role in destroying joint tissue. More than 200 patients were involved

in the trial with half being given the drug and others a placebo.

After a year, half of the patients given the drug had at least a 50 per cent reduction in the number of swollen joints.

The Arthritis and Rheumatism Council said: "More trials will be carried out. It will be three years before the drug is available."

## Sleeping survey

Blind and visually impaired people who are affected by lack of sleep, irritability and mood swings could be helped by research going on at Surrey University and Moorfields Eye Hospital.

The researchers want to know why some blind people's body clocks are apparently able to distinguish between night and day, and others are not.

Researcher Steven Lockley said: "In some blind people, the message that it is light or dark does not reach the brain."

Those who cannot tell the difference have sleep problems, similar to people with jet lag or on shift work who find their body clocks out of kilter. Sleeplessness can lead to exhaustion and depression.

Blind and visually impaired visitors to Moorfields were surveyed about their sleep patterns. Twenty of them were asked to keep a sleep diary or wear a device that records sleep patterns.

Researchers hope to pin down a common link between those who were affected by the condition and those who were not, and so as to develop ways to combat the problem.

Results of the study are expected in 18 months.

## Sickle cell success

US scientists are claiming the first effective treatment for sickle cell anaemia, a blood disorder which affects people of African, Middle Eastern, Mediterranean and Indian descent.

Dr Samuel Charache, of John Hopkins University, Baltimore, who led the study of 299 patients, said the drug halved the number of painful episodes of the condition, transfusions and hospitalisations.

Dr Elizabeth Anionwu of the Sickle Cell and Thalassaemia Association of Counsellors, said: "We welcome the findings. This is heartening news."

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WEEKEND VIEWING BY APPOINTMENT





A Nicaraguan woman make clothes in a sewing workshop for disabled people

STEVE SMITH/ANDEZ PRESS

## Nicaraguans get on their bikes

The Nicaraguan disability group Solidez has set up a series of workshops for disabled people, including a bicycle repair shop in El Ramo.

Other workshops include a wastepaper collection service in Granada and a wooden toy and carpentry workshop in Ciudad Sandin. More are planned. The aim is to provide disabled people with permanent jobs and training.

Solidez was set up in 1989 by a group of disabled soldiers.

Kiernan Durnien, an Irish volunteer who works at the charity's Managua office, said: "The situation here is quite bleak for disabled people. About 80 per cent of disabled women and 65 per cent of disabled men are unemployed. Things have been made worse by the closure of two vocational centres in Managua.

"Many disabled people are now begging on the streets and the only ones who get a disability allowance are ex-soldiers."

## Euro seminar calls for greater access

More than 100 delegates from 13 European countries met in London in February to discuss independent living, housing adaptations and design issues.

The HELIOS II European seminar on Social Integration was opened by John Wall, chairperson of the Royal National Institute for the Blind (RNIB), who called for greater access to public buildings.

Andrew Walker of the Architectural Association spoke about the need for architects to be aware of design issues affecting disabled people.

Mr Walker, who is a wheelchair user and runs a unique environmental access

course for postgraduate architects, said: "Architects must be educated about our needs."

Ken Ewart, of the Access Forum for Northern Ireland, said it was vital that disabled people were consulted before buildings were designed. He said: "We need consultation at both local and national level."

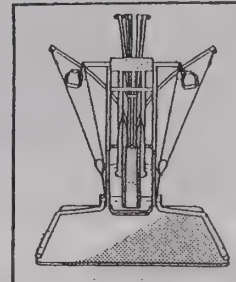
Dutch delegate Roy van Eck said the European design manual for architects was being

rewritten and should include new minimum standards.

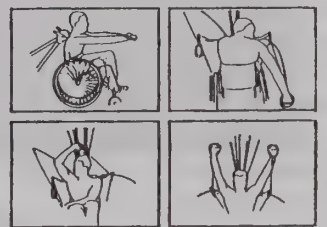
Delegates also visited a housing estate in south London, built by the Habinteg housing association, which can be adapted easily if an occupier becomes disabled.

Peter Barker, mobility unit manager of the RNIB, said: "A lot is being done to improve access, but we must keep pushing for better designed buildings that cater for everyone's needs."

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## Police sued over ADA

Two deaf Americans are using the courts to enforce the Americans with Disabilities Act (ADA).

Wladermar Siepkowski, from New York, has served an £7.25 million lawsuit against a detective and his employer, the City of New York, for violating ADA.

Mr Siepkowski was locked up for two days without being told why and denied his right to a sign language interpreter. He was later released without charge. His lawyer Alan Rich said the police "treated him worse than a dog" and he was suing because "some people think it's okay to treat deaf people as second class citizens".

Meanwhile, Dionne Sumes, from Washington DC, is taking her doctor to court for refusing to treat her because she is deaf.

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# Give us a break, say carers

The evidence for respite care is overwhelming, but can carers' needs be met? Nic Paton and Tim Russell report

The first day of spring marked a new start for carers. The six million people who are said by the British Medical Association (BMA) to save the Government nearly £34 billion a year by shouldering the care responsibility for disabled children and adults, saw their needs, particularly respite care, re-emphasised on 1 March.

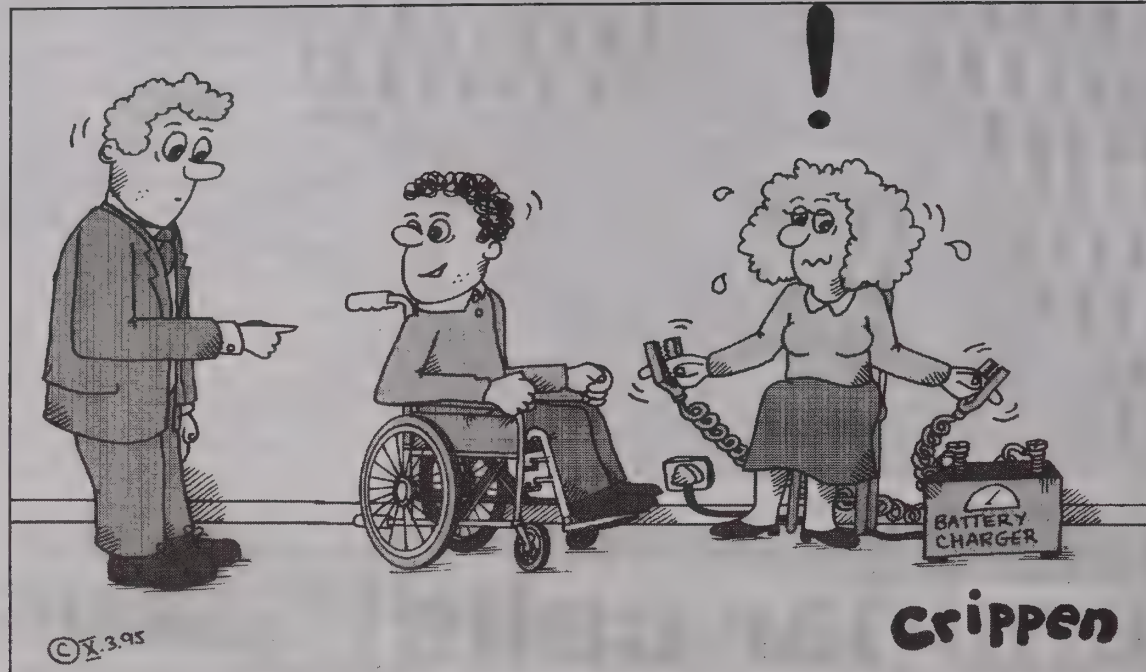
The BMA published its report *Taking Care of the Carers*, (news page 5) and called on the Government to give carers at least two weeks respite care as a legal right, and provide a separate carer's allowance.

At the same time, Scope (formerly The Spastics Society) launched *Behind Closed Doors*, a report documenting, for the first time, the experiences of carers and the cost, financially and personally, of the work they do. It called for, among other things, improved provision, choice and flexibility in respite care.

The same day, Health Minister John Bowis pledged an extra £30 million for respite care in the coming year. But he failed to "ring fence" the cash, or say how it would be targeted.

A week earlier, new National Health Service guidelines were launched, which included respite care in the services GPs and local authorities must provide.

This flurry of activity coincided with the Carers (Recognition and Services) Bill, which



"We applied for respite care because Mary was feeling a bit run down, and they sent us this!"

received its second reading on 3 March (news page 6). Labour MP Malcolm Wicks' bill aims to give carers a legal right to a needs assessment.

It is backed by the Carers National Association and, surprisingly, by Mr Bowis, despite an estimate by the Association of Directors of Social Services (ADSS) that it would cost £280 million to implement.

The case for giving carers more support has built up inexorably over the last two years. One report after another points to their desperate situation.

In Rochdale, a 1993/94 survey of 200 local carers by the com-

munity health council (CHC) found carers wanting more home-based care, increased flexibility and information.

A 1993 survey by the National Federation of Women's Institutes, of 7,780 rural carers, showed that one in three did not get regular help.

Also in 1993, the Alzheimer's Disease Society found that, of 64 district health authorities polled, more than a quarter had no specifically designated respite care beds.

A 1993 report by the Norah Fry Research Centre, in Bristol, on family-based respite care, showed that ceilings on the amount of care on offer were variable, ranging from less than two weeks to no limit. A majority of schemes also had waiting lists of nine months or more.

So, is provision for carers likely to improve? Is respite care coming in from the cold?

Jennifer Lauruol, a researcher at the Norah Fry Research Centre thinks not. "Local authorities are now hard pushed to fund respite care units with proper medical personnel. People with multiple or pro-

found disabilities, or challenging behavioural problems are just not finding respite care."

Some local authorities are experimenting with schemes to improve provision, while keeping costs down.

Alan Brunning, 59, from Rosshire, cares for his wife Enid, who is 62, and has multiple sclerosis. He is a 24-hour carer and, through an innovative scheme by

**'Local authorities are hard pushed... People with profound disabilities are just not finding respite care'**

the Highland Health Board, pays only £48 a per week towards a maximum of six weeks residential respite care. "It has helped me considerably. As a carer, it is absolutely essential."

In Oxford, carers are given a budget to make their own respite care arrangements as well as advice on how to negotiate their own contracts.

In Bradford, elderly and disabled people are being given

a wallet of vouchers to help pay for short stays in residential respite care homes.

This means they can decide which home they want to go to, and when. They have the choice of any home in the Bradford metropolitan district that is part of the scheme. Social services advise if required.

Those eligible must have savings of less than £8,000, be in and need of short-term residential care. Each voucher applies to one night's stay. Individuals make a contribution of £9.10 per night, except for pensioners, who pay £11.57 a night.

In Kent, local social services and the health authority run "Volcare", which places a community services volunteer in a carer's home.

The scheme, which has been running for five years, can give a carer a break for an evening or a holiday. All it costs the carer is the volunteer's "pocket money", normally about £4 per day.

But the national picture is still bleak. The charity Crossroads used to provide services that were "supplementary and complementary" to state provision. Now, said chief executive Pat Wallace, most of its schemes are contracted to local authorities.

"Evidence shows there was a boom in respite care on the introduction of the Community Care Act. Now we are seeing many of our budgets at a local level being pared to the bone."

Banding systems are starting to be introduced, he warned. For example, a person could fall into band A or B because of his or her disability, yet, because of circumstances, the carer could be caring 24 hours a day.

The Government's money will undoubtedly help, said Roy Taylor, chairperson of the ADSS disability committee. He added: "It should be ring-fenced to make sure it reaches the people it is intended to help, and the Department of Health should monitor how the money is actually spent."

"The Government should try and get a more up-to-date idea of the costs of respite care."

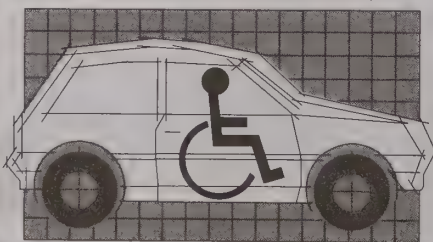
The new NHS guidelines emphasise the role of GPs and local authorities in providing respite care and information. But they are only guidelines and remain, therefore, "toothless".

Ultimately, said Cath Broderick, chief officer at Rochdale CHC, it is up to carers themselves to make their needs known, to their GP, social services, or local MP. "People can improve the situation if they campaign effectively."

1995

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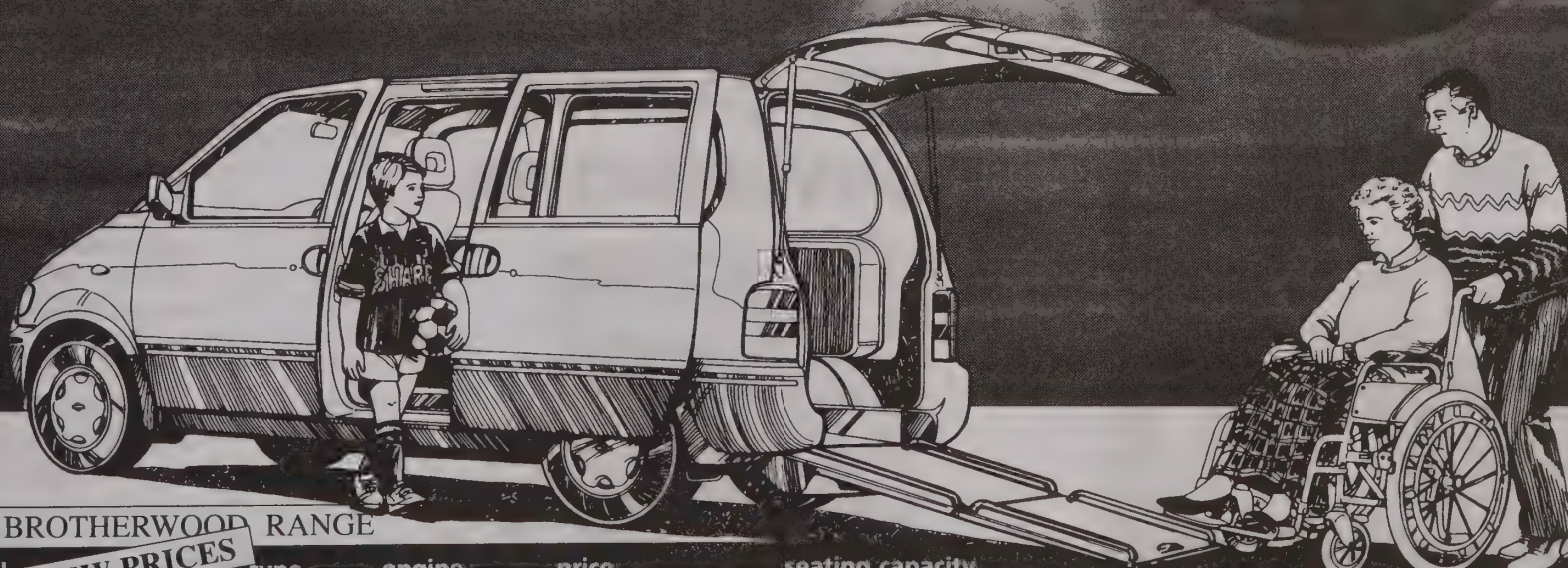




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# Letters to the Editor



*Disability Now*, 12 Park Crescent, London W1N 4EQ

## Challenging blindness?

My heart was gladdened when I read an advert for telephone canvassers for the Royal National Institute for the Blind (*DN February*). The temporary, part-time nature of the work, and the fact that I know its service inside out, seemed to suit me for the post.

However, when the regional fundraiser contacted me, he was alarmed when he discovered that I found out about it from the *DN* tape. "You mean you are, er, handicapped?"

I confirmed I was a visually impaired person seeking employment with the RNIB. He then informed me that the work involved reading the telephone directory and electoral register, and I had to admit defeat.

Why do these big charities display advertisements in the disability media when they have no intention of enabling people with specific disabilities to undertake the work?

Lynne Hester  
Cambridge

## Fishing in troubled waters

I am writing in response to this company's appearance in the *Sic* column (*DN February*).

The column appears to carry articles that show companies being insulting about disability.

The comment to which you refer has been part of a standard letter for nearly five years without previous objection and we are struggling to understand the problem even now. If a client is not eligible for our disability biased special "Keep Mobile Scheme", we can help to arrange a normal policy. You would be surprised how

many people develop some form of minor disability if they think it might get them cheap insurance. This comment is aimed at able bodied or minor disabilities who would gain no advantage from our special scheme.

Andrew Manciocchi  
MJ Fish & Co, Preston

*Sic was responding to a reader who found it endearing that MJ Fish should attempt the seemingly impossible for disabled people. The column is appreciative, when it can be - Editor.*

## P&O 'nowhere near as good' now

You have incorrect data on car concessions with P&O (*DN February*).

The Disabled Drivers' Association (DDA) magazine *Magic Carpet* says that in 1995 P&O policy is more stringent and offers only a 25 per cent discount on fare and car costs (accommodation not considered for discount).

I have just booked a P&O passage for Easter via the DDA and so have personal proof of new rules which offer a deal nowhere near as good as former arrangements.

Polly Higgins  
Kendal, Cumbria

*When DN was researching the*

*Ready, Steady, Go* feature, P&O told us that members of the DDA and Disabled Drivers Motoring Club (DDMC) could take their vehicle free. After receiving Ms Higgins letter, we checked again. P&O's response is below - Editor.

P&O European Ferries has always strived to offer the best facilities to encourage members of DDA and DDMC to travel with us as passengers.

In the past, we have given free vehicle discount, with customers paying the passenger fare only; however the simplification of our current pricing structure towards vehicle inclusive fares has

prompted us to adjust our discount accordingly. As a result, in 1995 P&O European Ferries is offering a 25 per cent discount on passenger/vehicle bookings. In many cases, this equates to greater savings for members but on a number of sailings, where demand is extremely high, there will be increases.

We would like to stress that we have no intention of discouraging members from using our services and our intention remains to continue to offer the best value fare possible to DDA and DDMC.  
Nicola McShane  
P&O European Ferries  
Dover

## Industrial injuries review

It is incorrect to say, as your article "Miners lose out" does (*DN February*), that the Industrial Injuries Advisory Council is going to tighten the criteria which miners and ex-miners must meet in order to receive Industrial Injuries Disablement Benefit for chronic bronchitis and emphysema.

The council advises the Secretary of State for Social Security on the inclusion of diseases in the industrial injuries scheme on the basis of scientific evidence of a link between occupation and disease.

The council's review of the qualifying conditions for chronic bronchitis and emphysema has only just begun

and evidence has been called for 14 April. The outcome of the review and any resulting recommendations to the Secretary of State are not yet known and there is certainly no predetermined view on the part of the council that the present rules in relation to these diseases should be tightened.

Could I also point out that the council itself does not have the power to change the industrial injuries scheme. The council's role is to advise the Secretary of State.

Gareth Roach  
Assistant Secretary  
The Industrial Injuries  
Advisory Council  
London WC2

## Have regard

We were frustrated to see a reference to Lesbian & Gay Switchboard as a contact for readers, and not REGARD, in your relationships feature (*DN February*). Not only is it more appropriate to refer disabled lesbians and gay men to an organisation run by disabled lesbian and gay men, but the Switchboard will refer callers on to us in any event.

Kath Gillespie Sells  
Chair, REGARD  
London WC1N 3XX

## Sic

### Pressed for space

A lovely lot at *The Daily Telegraph*. Susannah Constantine's review of the new Rover 100 caused a flurry of outraged letters when she said she had "nonchalantly parked in the square's resident disabled parking spot". The paper argued that it had been "practically impossible" to find anywhere else to park, and as the spot was a resident's space, "even disabled people parking there without a resident's permit risk having their cars towed away". Oh yes?

### Pressure point

It's nice to know *DN* can make a difference - and a manufacturer can do the right thing. Averil Ault was tipped into the road when her motorised wheelchair ran out of control (*DN February*). Sunrise Medical investigators have now given her a new chair. "They told me there was a weight imbalance and the two motors were not running together properly," said a satisfied Mrs Ault. "It has taken two years, but now I have a chair that seems to be behaving as it should."

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# Have wheels, will travel

DN's telephone counsellor, Lin Berwick, shares her experiences of buying a powered wheelchair

I did not choose to buy a powered wheelchair just for the sheer hell of it. I did it for the sake of my carer and husband, Ralph, who was finding it increasingly difficult to push my chair over long distances, uneven ground, muddy areas and shingled car parks.

The National Health Service manual chairs would just sink and refuse to budge.

We paid for the chair ourselves with difficulty. Funding from most charitable trusts is means-tested, so if you have more than the magical £8,000 in the bank, you are penalised at every turn.

Ralph took early redundancy to care for me and we are expected to live and do everything on his redundancy payment. We do not ask for handouts, but a little assistance would not have come amiss! No doubt many readers will identify with this.

### Deals on wheels

Once you've made the decision to buy a powered chair, what should you look for? The first thing to state is that everyone's disability is unique. The chair must be tailored to your needs; you can't buy one "on spec".

It is essential to get the seating posture and width absolutely right, especially if you are somewhat wide of beam, as I am. I need a seat 18in wide to allow some movement at the side, so my choice of chair was narrowed down.

You need to think carefully about how and when you will use the chair. (I use mine for climbing kerbs, visits to the countryside and trips abroad.)

Powered wheelchairs are often heavy, so check out how detachable the parts are for storage and transport. If you buy one that cannot be folded or detached, you will have to buy a ramp for your vehicle.

Should you need a ramp, I was advised to buy the roll-up type because the telescopic kind can twist on uneven ground.

If you need to remain in the wheelchair, the extra weight must be considered. You need quick release mechanisms to

time of purchase. Lights and indicators are an optional extra.

It also has a velcro seat belt, adjustable arm rests and the side of the chair can be altered. At just over 25 inches wide, it will go through the average doorway of a house.

advised against this option because the third wheel can be off balance when travelling on uneven ground.

Basically, it all boils down to money. I looked at some wonderful chairs, but they ranged from £3,000 to more



Up, up and away: trips to the countryside influenced Lin to choose the Invacare Cruiser Mark 4 DX  
RALPH BOYCE

remove battery packs, arms, foot plates and a fold down back-rest.

If it is essential to have elevated foot plates because your legs are extended due to spasm, then take great care climbing kerbs so to avoid tipping the chair backwards.

I chose an Invacare Cruiser Mark 4 DX, £2,900, because it has an attendant/dual control with optional extras including adjustable angle foot plates, elevated leg-rest, sturdy puncture proof rear wheels and gel batteries (charger supplied).

The backrest is straight and firm, although it is possible for an engineer to adjust this at the

It has a computerised, adjustable, speed control and the kerb climbers are placed in the middle of the chair.

The range of the Cruiser is ten miles. There are different coloured indicator lights to tell you the state of the battery.

I looked at various chairs, some where you could quickly release the wheels and add on transit self-propelling wheels, but these chairs are not so robust and, often, the power range is limited.

Other chairs have a third power-assisted wheel. These can be helpful if you just need something to give you an extra push. However, we were

than £6,000 – the cost of a decent second-hand car.

Once you decide on foot plates, armrests, and so on, you are looking at a figure of around £4,600 – and then hope to win the lottery.

So shop around and choose carefully. I went to various suppliers and eventually bought my chair from Care and Mobility. They will assess you at home if you live in the South and will advise on equipment.

Care and Mobility Assessment Centre, Matrix House, Brook Road, Rayleigh, Essex SS6 7XL, tel: (01268) 771191. Invacare, tel: (01656) 647327.

Buying a powered wheelchair can be as difficult as buying a second-hand car. Who do you go to? What do you choose? How much will it cost? DN's special three-page checkout helps you through the maze.

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# Tina's 'good buys'

## Indoor wheelchairs

These are compact chairs with a small turning circle and low mileage capacity, unsuitable for active outdoor use. The **Jewel Foldaway**, £1,887, from RJ Mobility, tel: (01934) 628151, can be provided free from your local district wheelchair services if you meet the criteria.

## Outdoor/indoor chairs

More robust, and many can climb 4in kerbs. Usually small enough to be used indoors.

The **Cruiser 4E** from Invacare, from £2,395, is now in its fourth generation. Tel: (01656) 647327.

The **Harrier** or **Tornado**, about £2,500, from HNE Mobility, have solid based and contoured seat and back supports. Easy to dismantle and transport. Tel: (01536) 267660.

The **Powertec F40**, about £2,535, from Sunrise Medical, is probably the most popular outdoor/indoor chair. Useful and reliable. Tel: (01384) 480480.

## Outdoor chairs

With large, front-wheel drive, these vehicles take longer to learn to drive with confidence. They give a less bumpy ride at kerbs, are likely to perform better over rough ground, have greater battery range and a more powerful performance.

The **Liberty 2**, £2,795, from HNE Mobility, is the smallest of the front wheel drive vehicles, yet has a compact turning circle that most other vehicles in this category can't

match.

The **Wayfarer Tourer**, about £5,540, also from HNE Mobility, is large, gives a very comfortable ride over kerbs and has a battery range of 40 miles.

The **Cheetah**, about £4,100, from Invacare, can be fitted with a very supportive Recaro seat with an adjustable back and tilt. It has speed and agility and gives a very comfortable ride with good suspension.

## Scooters

Very popular, but not suitable for people with unstable posture.

Indoor/outdoor scooters, such as the **Sunrunner** from Keep Able, about £1,395, usually have three wheels and a front wheel drive, low mileage capacity and do not climb kerbs. Tel: 0181-742 2181.

Outdoor scooters, three or four wheeled, are the most popular buys. Sunrise Medical's **Sterling**, £2,175, has a history of reliability. **Town and Country** from Booster, £1,995, is worth trying too. Tel: (01484) 643444.

Powered vehicles that can be used on the road at up to 8mph are not to be trifled with and need good traffic awareness.

Buggy style vehicles, such as the **Batricar Countryman**, £3,280, do not fold, but they climb kerbs and have a larger mileage capacity. Bigger outdoor scooters, like **Booster's Trophy**, £2,499, usually have larger, rough terrain wheels and greater battery capacity.

# Wheelpower: how to

Tina Stevens steers you through the minefield to find the indoor,

Choosing a fridge, a cooker or a washing machine is bad enough. Choosing a powered vehicle, with all the variations on offer and your own needs to bear in mind, is enough to defeat anybody. And the prices can frighten you off.

But, assuming that you have thought carefully about the idea and found support from family or friends, how should you go about choosing your powered vehicle?

## Information and assessment

First of all, contact the **Banstead Mobility Centre** (tel: 0181-770 1151) to find out where your nearest mobility centre is so that you can have a thorough assessment. These centres do not usually sell equipment, but they do offer sound advice and time for a trial. You may need to pay a fee of about £30 for an assessment, so be prepared.

Alternatively, you could contact your local **Disabled Living Centre**. The **Disabled Living Centres Council** (tel: 0171-700 1707) will have a list. From the local centre you should glean information about the range of vehicles and some brochures.

It would be worth reading a new guide called *The Ins and Outs of Buying a Mobility Vehicle* – straightforward and readable – which points out the



HNE's Explorer powered chair covers 20 miles on one charge

main points about the various vehicles. Free, from **Mobility Matters**, 20 Freepost HN1070, Kettering NN14 6BR, tel: (01990) 134131).

Another useful 32-page guide, *Powered Wheelchairs, Scooters and Buggies*, has been produced by the **Research Institute for Consumer Affairs (RICA)**. £1.50 plus postage from RICA, 2 Marylebone Road, London NW1 4DF, tel: 0171-935 2460.

## Test drives

Next, contact the **British Association of Wheelchair Distributors**, 1 Webb's Court, Buckhurst Avenue, Sevenoaks TW13 1LZ, tel: (0732) 458868, for the name of a local mobility dealer. They will have brochures and vehicles to try out.

You may also want to check advertisements in newspapers, local and specialist (eg *DN*).

A word of warning: if you respond to an advert and a salesman appears on your doorstep without your prior agreement, don't buy from him. It is not good business practice in this market.



Finally, if you see anyone using a vehicle, try and chat with them about their experiences. Other users are often happy to give advice, but remember their needs and requirements may not be yours.

## Ask yourself...

Having completed this research, you are now ready to start asking the important questions about your own needs.

1. What kind of vehicle do I want? Check the list on the left of this page for the different categories. I have added some examples of powered vehicles, but obviously I do not know your special requirements.

2. Where is the vehicle to be used? Indoors, outdoors, or both, and which is the most important? It is unlikely that a vehicle can both turn in a small space indoors and travel 15 miles over rough ground. Measure widths, circulation space

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# get what you want

or outdoor wheelchair or scooter that will suit you best

and storage needs.

Decide also how far you want to travel and how quickly. A long journey could be a cold one. Pavement vehicles go at 4mph; vehicles usable on the road reach 8mph.

### 3. What is the local area like?

It is a good idea to go out with a friend and make your own guide of the area, checking distances, kerb heights, helpful ramps, hills, muddy tracks.

### 4. How does your disability affect control of a vehicle?

Could you manage a tiller/handbar or do you need joystick control, or special adaptations to the regular controls? Special adaptations, like a chin control joystick, will obviously reduce your range of choice.

5. Do you have special need for support or comfort? For example, postural supports or cushions, a tilt in space facility, leg lifter or recliner, supportive suspension to minimise travel pain. Jumping up and down kerbs can shake up anyone.

5. How long will you be spending in the chair and can the battery span meet your mobility needs?

### 6. How will you store and charge your vehicle?

Perhaps it can be driven into your home for charging. If it is



Sunrise Medical's Sterling

in the garage or a separate out-house, can you reach it easily?

7. Do you want to transport the vehicle in your car? Bearing in mind that most weigh over one cwt and usually have to be dis-

mantled and lifted in, someone will have to do it. Ways round this are an estate car, a ramp or an electric winch/hoist installed in the car, all increasing costs.

### Home demonstration

Once you have all your information, try out vehicles at the mobility centre and then ask for a day's home demonstration of two or three to see how they perform. Do not be hurried.

Check car, storage, ease of charging, and take a local trip. Consider all the points you made to yourself – control, comfort and safety.

Are you aware of traffic and pedestrians, and are you confident you can take avoiding action if needed?

Try gravel, grass or mud, which will tax some vehicles. Then ask yourself how often you would go on that sort of surface.

Approach kerb climbing with great care, if at all. It needs total control, no rush.

By now, you should be near making a decision.

There has been much debate about the reliability, safety, cost



Booster's Trophy – good for rough ground

and user satisfaction of these vehicles. In my experience, problems do occur – as they do with any equipment – but safety and engineering have improved markedly over the past ten years. One person's bad experience is often balanced by many others gaining greater mobility and independence.

Debate is healthy in a growing, competitive market.

*Tina Stevens is a physiotherapist with wide experience of disability equipment. She runs her own consultancy service.*

## Odd one out

Not all manufacturers have got the message that disabled customers prefer to see disabled people modelling equipment. One model on these pages is not disabled ...the Booster lady. When *DN* queried this with commercial manager Meg Nichols, she said "professional models" were used for Booster's promotional photos. A picture with a disabled person "would hardly be a promotional picture".

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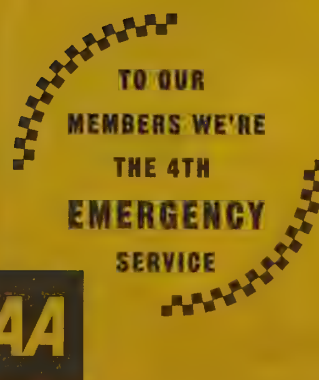


EAST ANGLIAN DAILY TIMES

Pot luck: Christopher Michaels (left), is making a budding success of his flower business, Tower Plants, run from his home in Kelsale, Suffolk.

Christopher, who is blind, completed a two-year City & Guilds course in Horticulture at De Montfort University, Lincoln. "It is something I always wanted to do," he said. "I need help looking out for disease on the plants. Apart from that, I do it all myself." Tel: (01728) 603142.

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## The s

For Hazel and Geoff B

Last summer, 1,260 Women's Institute members traipsed through Hazel and Geoff Bennett's garden in Haddenham, near Aylesbury. "It's fantastic," said one lady as she pushed past Geoff who was queueing to get back in. "The old dear does all the gardening from a buggy and the husband can't see a thing."

Hazel and Geoff have been showing their garden for five years. Quite an achievement when you consider that Geoff is visually impaired and Hazel has severe rheumatoid arthritis and Sjogren's syndrome.

"We married ten years ago and started gardening soon after," said Hazel. "Geoff, who was already a subscriber to *Come Gardening* (see page 21) took me on one of their gardening weekends in Lewes and I was hooked."

The couple work very much as a team; what Geoff can't see, Hazel can, and what Hazel



Blooming marvellous: The strong smelly madonna lilies are ideal in a sensory g

can't reach, Geoff usually can. "We're more of a double act than Bill and Ben," said Hazel.

Their garden is as pretty as a picture. From the French windows, the bright colours of fuscias, sweet william, marigolds, lobelia and busy lizzies grace the well-planned hanging baskets and borders. The paths are solid and clutter-free for Geoff, and there's plenty of turning space for Hazel's buggy.

"Safety is the main consideration," explained Geoff. "It's important to see the garden as an extension to the house. Most people are disciplined into putting things



# Sweet smell of success

Getting to grips with gardening means working as a team. Sarah Rigby spent a day with them



From March to October, Hazel, Geoff and Kio are hard at it in the garden

BUCKS HERALD

away indoors. The same rule applies to the garden."

The Bennetts are members of the Bucks Association for Gardening with Disabled People. They visit residential homes and day centres to get other disabled people involved. "We meet people with learning difficulties and physical and visual disabilities, ranging from 11 to 90 years," said Geoff. "With the right sort of advice and equipment, anyone can enjoy gardening."

The couple are first to admit, however, that getting started isn't always plain sailing. Hazel tells how Geoff tried to poison a weed but only succeeded in killing her favourite chrysanthemums. "I was furious," said Hazel. "But Geoff's learnt to be resourceful." He now targets each weed with an empty

plastic lemonade bottle. He cuts off the bottom and, directed by Hazel, places it over the weed, pours in the weed killer and replaces the lid. The weed suffocates and none of the nearby plants are affected.

But Geoff is not the only one to make mistakes. "When we first started out, Hazel would leave tools lying around and I would trip over them. Now we tidy up as we go along. I have two buckets by my side – one for small tools, the other for rubbish."

## Tools of the trade

Having the right tools for the job has played a major part in their success. "We've learnt through trial and error that what suits one disabled person does not suit another," said Geoff. "It's surprising how many disabled people go off to

the garden centre and pick up any old tool deemed suitable for the elderly and disabled."

Geoff's most trusted tool is a pair of one-handed Woolf shears: "When I clip the lawn, I can hold the tougher grass with one hand and clip with the other." Around £19.99 from garden centres or from Woolf Tools, tel: (01989) 767600.

Geoff spends most of his time on his knees to get close up to the job in hand. To prevent cramp, he recommends investing in a pair of knee pads or a Croydex Kneeler Seat, £27.89 from the Croydex Company, tel: (01264) 365881.

Unlike Geoff, Hazel carries out most of her gardening from a sitting position. She gets around in her buggy or sits on the wooden seating (made by Geoff) around the pond area. For people with arthritis, she recommends the twist-off range of lightweight hand tools from Wilkinson Sword: "They come with three extension handles and are ideal for awkward corners." From £4, at garden centres.

When Hazel is on the move, she leans against her Bizzy Lizzy, a two-wheel, lightweight trolley with a removable plastic box. "You can fill it with compost, or with water and dip your watering can in as you go along. We even bath Kio, our Jack Russell, in it!" £39.50 from garden centres or £43 (inc p&p) from Bob Andrews, tel: (01344) 862111.

Hazel also has a novel idea for cleaning up after Kio. From her

buggy, she removes all types of garden refuse from the lawn with the Super Grab, a lightweight, aluminium grabbing tool. £17.30 from garden centres or £20.55 (inc p&p) from The Standard Manufacturing Company, tel: (01332) 343369.

To reach those out of the way hanging baskets, Hazel wouldn't be without her Argand Rechargeable Garden Sprayer. It holds over one litre of liquid and has a 6ft extension tube. £14.80 (plus £3.60 p&p) from Argand Engineering, tel: (01284) 753558.

Step into Spring with DN's four-page gardening special.

**p20-21 The Sweet Smell of Success in Hazel and Geoff Bennett's show garden**

**p22 Home and Away – John Lloyd and Graham Colley go beyond their own back yard**

**p23 Getting started, plus Mary Curran's top tips**

"We work together as a team," said Geoff. "Every time one of us gets stuck, the other comes up with an idea."

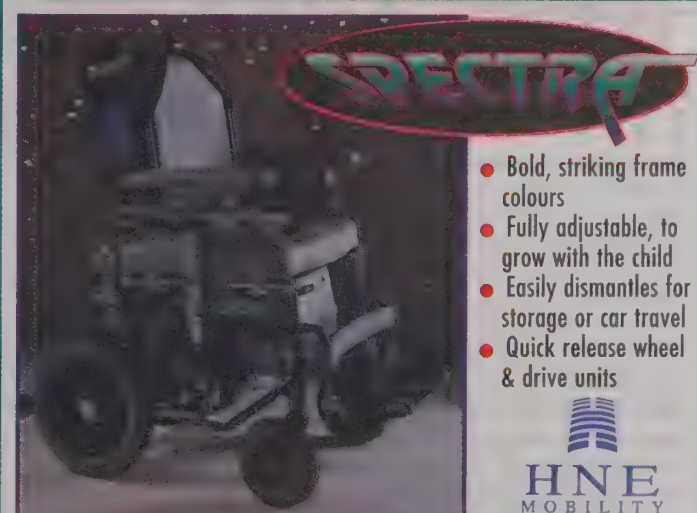
*Bucks Association for Gardening with Disabled People, tel: (01844) 292249.*



Hanging baskets attached to Geoff's home-made "A" frame



Pond with seating, made by Geoff, is the main feature in the garden



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# Home and away

There's more to gardening than your own back yard, as two green-fingered students showed Martha Robinson

"I love EVERYTHING about gardening" says John Lloyd, surrounded by exotic ferns and flowers in Victoria Park's greenhouse in Widnes, Cheshire. Were there the title "world's most enthusiastic gardener", John would definitely be a contender. If he gets any keener, his friend Graham Colley will have to tie him down with the hyacinths. Graham's favourite time of year is the summer. While John is in the greenhouse, he puts on his shorts, attaches a rubbish

bag to his wheelchair and hits the park on litter patrol. John and Graham used to live in Daresbury Hall, a residential centre in Cheshire run by Scope (formerly The Spastics Society). They were able to exercise their green fingers in the greenhouse. But as the garden was kept by full time gardeners, Daresbury Hall didn't offer much in the way of gardening. When the centre closed three and a half years ago, John and Graham moved into the community. It was then that a

friend from the Widnes Spastics Society day centre approached Christine Chadwick. Christine works for Halton borough council at Victoria Park. She arranged for John and Graham to do voluntary work in the park's greenhouse one day a week. Today they are still there and plant-crazy. They help prepare plants for council events, like the recent Mayor's Ball. This involves staking and tying daffodils and tulips for plant displays, potting, watering and feeding plants,



Hot house flowers: John and Graham get to work MARTHA ROBINSON



Potty about plants: John (right) and Graham lend a hand in Victoria Park's greenhouses once a week

sowing seeds and weeding. Their work at Victoria Park has led to training for a National Vocational Qualification (NVQ) in horticulture. John and Graham started the two-year course in September. They use their work in the greenhouses to cover the theoretical and practical aspects of the course. Level one has dealt with plant identification – they have learnt the botanical and common names for more than 20 pot plants. The course includes plant propagation, sowing, health and safety, and pest control. The course is flexible. It can be full or part time, evening, or weekends only. John and Graham are not completing all the requirements. "Some of the units will be difficult for them to achieve due to their individual needs," says Peter Bottomley of Halton college. In particular, using heavy and potentially dangerous machinery is seen as unsuitable for them. The NVQ doesn't involve exams. Instead, John and

Graham's work is judged by continuous practical assessments. They did not need any qualifications or previous experience to enrol and their fees are paid for by the Further Education Funding Council. Not only have John and Graham gained horticultural training from their work at Victoria Park, they have made good friends too. Staff joined John at his 40th birthday party recently and regularly beep a hello as they drive past their house. John and Graham now share a new purpose-built bungalow at Daresbury Court in Widnes.

**While John is in the greenhouse, Graham puts on his shorts, attaches a rubbish bag to his wheelchair and hits the park on litter patrol**

When not swotting up on Latin plant names, they enjoy working in their own garden. John has been busy planting seeds and bulbs – even in the pouring rain – while Graham does the weeding and loves to water the garden. (According to their friend Arthur Moore, Graham's love of watering nearly caused a national water shortage last summer.) The garden's raised flower beds are easy to manage from a wheelchair. John and Graham keep the ground level borders in order by using a trowel and fork with extended handles. They bought them at a local garden centre along with enough pots and compost to last a lifetime (John is a bit of a shopaholic when it comes to all things green). Plans for the future include more gardening away from home. Widnes Spastics Society is building a new allotment and has asked Cheshire's keenest pair of gardeners to help maintain it. Keep digging lads. For information on NVQs contact student services at your local further education college or careers centre. For details on Halton College, contact Paul Brookes, tel: 0151-423 1391.

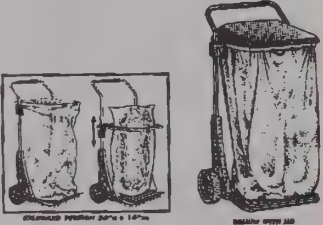
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# On your marks, get set, grow

Where to go, books, top tips and buys – Martha Robinson and Mary Curran get you started

## Who can help?

- The Society for Horticultural Therapy gives advice on tools, problems, planning your garden, and runs short training courses. Its library is open by appointment. (See useful reading.)
- The Gardening for the Disabled Trust offers advice and financial assistance. Frittenden House, Frittenden, Cranbrook, Kent TN17 2DG.
- The Federation to Promote Horticulture for Disabled People holds meetings and conferences on horticultural research and development. Contact Phil Hunter, Thorngrove centre, Common Mead Lane, Gillingham, Dorset SP8 4RE, tel: (01747) 822242.

## Regional groups

- The Disabled Employment Aid Foundation's country gardener's club meets in Chigwell. It offers plots for wheelchair users, training and tools. Apply to The Hon Secretary, 70 Bicker Way, Chigwell, Essex IG7 4ES, tel: 0181-501 0192.
- Community Gardening Projects Scotland offers training in community gardening and a part-time volunteer scheme. Contact Alan Bell, 4 Drum Street, Edinburgh EH17 8QG, tel: 0131-658 1096.
- Thorngrove training centre offers courses in horticulture for disabled people. It is owned by Scope (formerly The Spastics Society) and courses are open to non-residents. Contact Richard Constable, Training Manager, tel: (01747) 822241/2.
- Garden Reach is a vocational rehabilitation centre for people with disabilities offering training in horticulture. Details from 49 Ormeau Embankment, Belfast BT6 8PJ, tel: (01232) 732028.

## Books and tapes

- Help the Aged's *Gardening information sheet number 20* has useful tips on adapting tools, a section on indoor

gardening and useful reading. Free. Send a SAE to the gardening information department, Help the Aged, St James's Walk, London EC1R 0BE, tel: 0171-253 0253.

- *Gardening Without Sight* gives advice for beginners on planting flower beds and borders, preparing a plot and where to get information. £2.50 in large print, braille and tape, from Leisure Publications, Royal National Institute for the Blind Customer Services, PO Box 173, Peterborough PE2 6WS, tel: (01345) 023153.
- *Growthpoint – for gardeners with special needs* is a quarterly magazine. It is packed with useful information, tips and features. The regular "Toolbox" page looks at the latest available equipment. £10 a year, from Horticultural Therapy, Goulds Ground, Vallis Way, Frome, Somerset BA11 3D, tel: (01373) 464782.
- *Come Gardening* is a quarterly tape for blind and visually impaired gardeners. £3 a year, from Horticultural Therapy (see *Growthpoint*).
- *Gardening is For Everyone* (Souvenir Press) gives information on tools, seed sowing, fertilisers and weeding. Part two gives a seasonal monthly guide to plants and seeds. £6.95 from bookshops.
- *The Easy Care Garden* (Webb



A blooming success: Mary Curran shows off her latest creation

CHAT

& Bower) is a guide to low-maintenance gardening, with design tips and techniques for elderly and disabled people. £16.95 from bookshops.

- *Gardening – equipment for disabled people*, from the *Equipment for Disabled People*

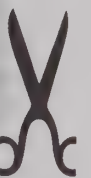
series, has advice on tools, information on suppliers, and price guides. £5, from the Disabled Information Trust, Mary Marlborough Lodge, Nuffield Orthopaedic Centre, Headington, Oxford OX3 7LD, tel: (01865) 227592.

## Mary Curran's top tips

- Get a splash of colour and scent with sweet peas. They are good for small gardens and covering unsightly walls. Start seeds off indoors on layers of damp kitchen roll. Keep damp until small shoots appear, then pot them in your greenhouse or in your garden's sunny spots.
- Peg down a large sheet of black plastic over a patch of weeds. This stifles them and warms up the soil.

## Why not try these?

- Suttons' gardening catalogues sell pelleted seeds, which are easier for hands that are not so nimble. Try the Bush Champion cucumber seeds, 89p. Tel: (01803) 614614.
- Johnsons have a free phone order line. Cover your trellis with Morning Glory. Mixed variety, 95p. Tel: (0800) 614323.
- Dorbies send all orders free on the mini plant catalogue. Try the Tomato Tumbler F1, which is planted in a hanging basket. £1.38. Tel: (01803) 616888.
- Bakker Holland has a 24-hour seed ordering service. "The quality of their plants is super". They offer a magazine with each order. Tel: (01775) 711411.



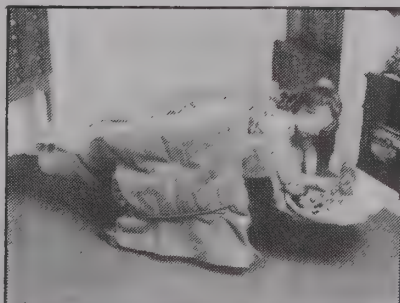
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DN 4/95



Tim Russell talks to photographer Anthony Cassidy

# Tales of an Irish rover

In 1979 Anthony Cassidy set off to Amsterdam, seeking excitement and adventure.

"I was going nowhere and could have ended up on the streets," he said. "But I knew I was creative. I just needed a way of expressing myself."

The move to Amsterdam changed his life. Anthony, who was born with a missing left forearm, found work, started taking photographs and developed a taste for travel which has never left him.

"I hitch-hiked to Israel and was fascinated by the diversity of people I met on the way and started taking pictures to show my friends what I had seen."

"Everyone said the photos were nice, but technically they were hopeless. I kept practising, however, until I improved."

Sixteen years later, he is one of Britain's top travel photographers. His work has appeared in newspapers around the world and seven

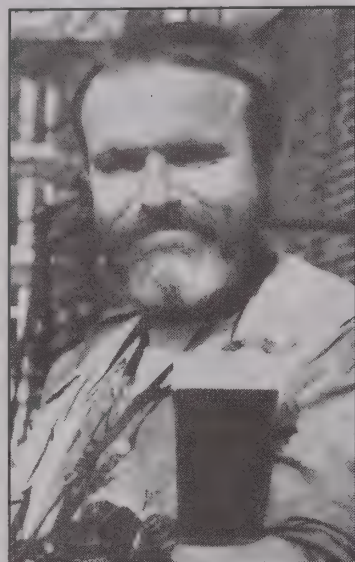
guidebooks, including *The Odyssey Illustrated Guide to Ireland*\*, published in February.

We met before the book's launch at Jury's Kensington Hotel in London and talked about his life and career over a pint or two of Guinness.

Cassidy, 37, works for Tony Stone, one of Europe's largest photographic agencies, and

lives in Amsterdam with his Dutch girlfriend Anneka and six-month-old daughter Siobhan Emma.

His disability means he must load, aim and fire his heavy equipment with his right hand, using the stump of his left arm to focus and steady the camera. No adaptations are used.



Cheers: Anthony enjoys a pint

"It's no problem," he said. "In fact, when Anneka asks me to do something, she often forgets that I only have one arm."

Anthony is boisterous, enthusiastic, generous – he was quick to buy me a drink – and always jovial, even when describing his traumatic childhood.

Born in Dublin, he was abandoned by his mother when he was just three weeks old and knows what it is like to be bullied.

"It was very tough being both an orphan and disabled. I was brought up in orphanages and always getting into fights."

His worst moments came when he was sent to an institute for young offenders. "It was run by sheer violence. They beat the shit out of me."

Anthony's first job was cleaning for 35 Jesuit priests. He hated it and hitch-hiked to the west of Ireland, where he spent two years "enjoying the music and pints".

Returning to Dublin, he got a job at a petrol station but quit after two days. At 21 he enrolled as a medical guinea pig at St James Hospital, Dublin, and with the money he made headed for Amsterdam.

## Going Dutch

His big break came in 1987 when a Dutch magazine asked him to photograph a punk. It was his first published photograph and ended up on the front cover.

In 1988, Anthony travelled to China. He stopped off in Hong Kong where he was introduced to the publisher of *Odyssey Guides*.

Impressed, it commissioned him to return to China. Work started to pour in and he has now worked in 50 countries.

"I've got my favourite places, like Nepal and Turkey, but you can't beat Ireland," he said,

disability, I felt I had to fight all the time with publishers and clients. Now I am calmer."

Anthony does not feel his disability has held him back. "If you have the ability, you will make it. Talent speaks for itself."



A girl from Nepal – Anthony's favourite country – taken for *Odyssey* ANTHONY CASSIDY/ODYSSEY GUIDES

now on his second pint of Guinness. "It's a great place. The atmosphere in the pubs is electric."

Despite his success, Anthony still felt insecure about his work. "People kept telling me my work was great but, being disabled, you have to prove yourself even more. I was always looking for approval. Now I don't care. People either like my work or they don't."

## Learning to let go

"For many years, I was very angry with my mother for rejecting me. I only learnt to let go of the past in 1993. I had to forgive her because I wanted to get on with my life. The past was causing too much pain."

He has also had to control his temper. "Because of my

But he is angry about the prejudice disabled people face. "Anti-discrimination legislation is needed. The first work I got was cleaning jobs and people looked at me as if I wasn't even capable of doing that."

1995 is going to be a busy year. Anthony is off to Australia, France, Mongolia and India. "I am very lucky because I love my work, but it has not been easy. It is hard and takes a lot of discipline."

"There was a time when I wanted to help disabled people in a day centre, but I think the best thing I now can do is show the world that I can do just as good a job as able-bodied photographers."

\*£9.95, *Odyssey Guides*, tel: (01621) 816362.

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## Film

## The River Wild



Non-stop action as Streep battles against the river and the villains

Wade cannot swim and they "lose" their guide, so they team up with Gail and co.

Very quickly this vacation turns into a nightmare as Wade

hijacks the family (he and his mate are on the run after an armed robbery).

Wade forces Gail to navigate the most treacherous part of the

river. Tom quietly becomes a hero, making several attempts to escape. At vital points, Gail, Tom and Roarke all use sign language to communicate secret messages to overcome their foes. The final message is literally signed in stone – very clever.

Streep's performance is superb, battling against both the river and the villains – even more so when you know that she did over 90 per cent of the stunts herself. The direction and cinematography are first class. The river views are breath taking and the action tensely directed.

OK, it's the old fashioned redemption theme, but it works. The use of sign language is excellent. I feel that it acted as a hook for the plot and may make more hearing people realise that sign is a true language and has value to hearing people too, not least enabling them to talk to deaf people.

Also on general release is *Nell*, the story of a feral child, played by Oscar-nominee Jodie Foster. Brought up in total isolation from the "civilised" world, it emerges that Nell is not "dumb": she just speaks an invented language learnt from her mother whose speech was affected after a stroke.

Mike Devenney

## Television

Chris Davies

In an important programme, *Link* (ITV, 12 March)

assessed the ability of the legal system to accommodate people with learning difficulties.

Legal matters are common this month. Two other programmes connected disability to legal practice and ethics.

*3D* (ITV, 16 February) investigated the so-called "mercy killing" of young children born with physical or mental limitations.

In examining the legal, moral and medical questions inherent in this issue, one query remained unasked. While everyone in the programme appeared to view disability with an indiscriminate negativity, no one asked any other generations of disabled people whether the value judgements placed on the children's quality of life – present or potential – was accurate.

Outward appearances of limitations, judged by those who have no disability, make no allowances for the inner person.

When I was young, there weren't many disabled people who could bare testament to a positive life. My generation was the first to be educated and encouraged to be independent-minded. So now there are many of us who can assure others that disability is not by nature a tragedy – life's as good as you can make it – and as good as society allows.

*Panorama* (BBC1, 6 March) avoided the assumption that disability is all gloom. Euthanasia was again the topic. It asked whether living wills should be obeyed or ignored. A living will basically states "If I become so impaired that I am entirely dependent on others, I do not wish to live – please make sure I don't."

Having always needed the support of others, I have no inkling of the dread these people feel. My level of dependency is by no means a fate worse than death.

Thankfully, one man said almost that. Communicating by blinking, he said that life with a loving family was good, regardless of his physical restraints.

The "Gold Heart Day" telethon (Sky One, 14 February) learnt no lessons from the old ITV event. *Hearts of Gold* (BBC1, 8 March) may have learnt some. It's still sensationalist, but after one programme, there have been no disability stories. Can it last?

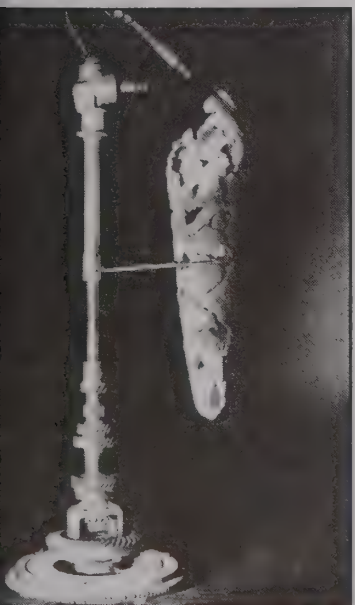


## Exhibition

## Art Through the Front Door

A new term has entered art criticism from New York: "Victim Art". This is work that rigs a response because of the "worthiness" of issues it deals with.

It is every disabled artist's fear that their work is only included out of a *Forrest Gump* kind of liberalism. Opposing this should not mean accepting existing values, but forging new ones.



Robert Bunting's metal and ceramic "Madonna and child"

Clearly and without apology.

*Art Through the Front Door* now at the Diorama Gallery in London, was an opportunity to do just that. Featuring the work of fourteen disabled artists and three projects, hung at a level for wheelchair users to view comfortably, and including information in braille and audio, it promised well.

By including community art and fine art, it blurred tidy definitions. The process itself was recognised as valuable, as in the Jigsaw Centre's "Silent Watchers", where the end result was of less importance than the workshops it grew out of; and the evocative "What it's like to be me", using the words of three elderly women with great poignancy.

Generally, space was cramped. Less exhibits would have been more powerful. And why, when the beauty of visual art is its ability to communicate without words, have artists' statements been framed alongside their work?

Artists themselves have fallen into the trap of using their disability to justify their work. Elizabeth Anne Maxwell Hill's painting of a horse, with her text connecting "tortured, starving and sick animals" with her experience of disability, makes you just feel pity.

I loved Marcus Billen's photos, probably because of their ambivalence, and the sculptures of Robert Bunting were a treat. Using scrap metal and fragile ceramic, he explores ideas of dependency and functionalism. Give this man his own show.

Claire Collison

*The exhibition is touring, eg, 3 April-13 May, the Brent Association of Disabled People.*

## Dance

## Let the Painter Sing

Common Ground Sign Dance Theatre's new work *Let the Painter Sing* looks at the life of painter Francisco Goya.

In 1792 Goya contracted an illness that left him temporarily paralysed and permanently deaf. The dance shows how, through his deafness, Goya embarked on a journey exploring sensations that were previously muted to him.

Portrayed by just two characters, his mistress (deaf dancer, Denise Armstrong) and a clown (hearing dancer, Isolde De Graal) we follow his

journey into a surreal world of witchcraft and the absurd that highlight human selfishness and social injustice.

Although this was a first night, the piece was incredibly assured. The exquisite lighting enhanced the mystical quality of the dance; so did Isolde's singing and Denise's signing.

Isolde is a striking technical performer. The contrast with the subtlety and tenderness of Denise is highly effective.

Though difficult for a hearing or British Sign Language (BSL) using audience to understand literally, the overall effect of the work is fascinatingly hypnotic.

As a non-BSL user, I found it frustrating at first that much of Denise's signing was not interpreted by Isolde. I felt I might be missing something.

After speaking to deaf people in the audience, I found they had similar worries about missing some of Isolde's speech.

If you can suspend willing disbelief and let your mind flow with the tide of different images, then then there is no need for exact understanding and you will be left with a powerful insight into the depths of Goya's mind.

Kirsteen Knight

*Common Ground is currently on tour, tel: 0181-575 3973.*



# Come rain or shine

Trevor Kent wanted a holiday the British weather couldn't spoil. So he chose Center Parcs

If it's true that the British judge the worth of everything by the length of the queue, then a Center Parcs holiday must be very popular indeed.

My wife Angela, 12-year-old Lincoln, 11-year-old Warwick, who has cerebral palsy, and seven-year-old Leicester, and I, set off full of expectation for Elveden Forest in Suffolk. There are three Center Parcs in the UK, the other two are at Sherwood Forest, outside Nottingham and at Longleat in Wiltshire.

The one-and-a-half hour journey went well until we hit the approach to the village, then it was nose-to-tail until we got on to the campus.

## Not "Hi-de-Hi"

Once through the labyrinth of roads and massive car parks, we finally discovered our villa (not chalet please, this is no *Hi-de-Hi*). It was a spacious, three double bedroomed end-of-terrace bungalow with a living/dining room, kitchenette and two bathrooms.

The path to our door was a bit steep, and a manual wheelchair user would have needed good muscles, but Warwick's National Health Service Badger Cub did the business with barely a grunt.

The adapted villa (one of nine out of 700 odd) had a massive



Center Parcs, Elveden Forest: everything is under cover, making facilities much more accessible

bathroom, a good loo with supports and a corner wheel-in shower. Towels are not provided, either in the villa or for swimming.

You also have to make the beds on arrival, which can be quite a chore after a hard journey, although your welcome pack does include well-laundered sheets and pillowcases and a bag of essential groceries.

Getting about at Elveden is fairly easy, as everything is under cover.

At Sherwood Forest various attractions and facilities are

divided up around a square that is open to the elements.

We are due to holiday at the Longleat parc this spring, but I'm told they have plumped for separate buildings with some hills in between. As a result, the company says Longleat is less suitable for disabled people.

## Tropical setting

We were into the pool almost before we had parked. The tropical setting is magical, with the water lapping literally to the edge, disturbed only by the plaintive wail of "Tarzan" as he calls the brave to a five minute "wave experience".

The changing room for disabled people was, in fact, a toilet with a chair and baby-changing table, a bit restricted and frequently used by families with neither babies nor disabled children. But once in the pool, it is really very good.

I took along an old McLaren buggy, which I had scrubbed

clean and de-oiled with washing-up liquid, and Angela and I pushed Warwick down a slope into the water – no steps thankfully – and then we floated him off.

This worked fine, but I saw no similar facility for those who did not have our foresight. Nevertheless, the staff are so fantastically obliging that I am sure they would have helped us if we'd needed it. There is also a burger bar

actually in the pool area, plus an ice-cream parlour with underwater seats.

When not in the pool, a ready supply of money is needed to book other sports activities, of which there are many.

Predictably, everything has been computerised, and there seem to be only two or three points where the choices can actually be made and money change hands. You are only able to reserve a short while ahead, and this means there are constant queues.

## Charming staff

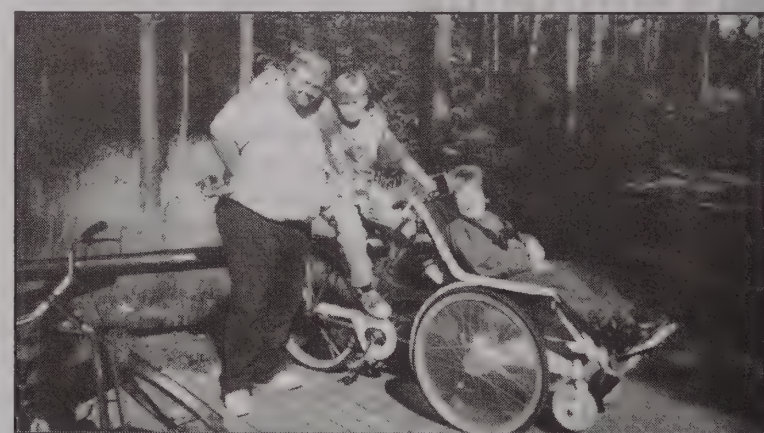
There are toilets for disabled people provided in each restaurant, which was useful, especially for Warwick, with all the water about. We found the staff who ran the sports and activities to be particularly charming.

On every occasion they went out of their way to try and involve him with the sports wherever they could, while giving Lincoln and Leicester no less attention in a more conventional way.

No vehicles are allowed in the park and all the guests hire bicycles. So that disabled people are not left out, Duet bicycle-wheelchair combinations can be hired, if booked in advance.

Forget everything you have previously learned about riding a bike. When you've got three wheels on instead of two, all hell seems to break loose.

Costs vary depending on the



The Kents at Center Parcs: (from left) Trevor, Lincoln and Warwick

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time of year and the type of accommodation chosen, but at a fairly popular time one must reckon on something like £600 a week for accommodation and use of the pool for a family of five. Remember, there will be considerable additional costs on recreation and food.

All in all, we have enjoyed our trips to Center Parcs, and I have found nowhere better in the UK for a family holiday that will keep the able-bodied boys occupied but also enable Warwick to enjoy himself.

Center Parcs never claimed to be a "disability-friendly" holiday, but, in my opinion, they do the job very well. Longleat here we come!

Center Parcs, tel: (01623) 411411



# Cross the channel to the capital of chic

Paris in the spring? New Year was good too, says Pat Matheson

Pat Matheson took her 11-year-old daughter Jenny, who has cerebral palsy, along with stepfather Stan and stepbrother Edward, on a New Year's treat to Paris.

The family, from Oxford, drove to Paris, booking their car on to a Boxing Day Hoverspeed hovercraft from Dover to Calais. The fare was £190.

However, because of bad weather, they were diverted to the ferry crossing, which added time to their journey, was uncomfortable and crowded, and not very accessible.

The plan was that they would spend two to three days in Paris, before staying with friends in a Paris suburb.

"We stayed at the Cophorne Commodore, which we booked direct through our friend in Paris," said Pat. "This was good because it was near the Galeries Lafayette department store, which had a Christmas puppet display for children in the window.

"We made our way around using a mixture of buses, taxis and walking, though the metro was inaccessible. We found the buses quite helpful, there are quite a lot of them and the drivers are normally friendly. They are also, of course, cheaper than taxis.

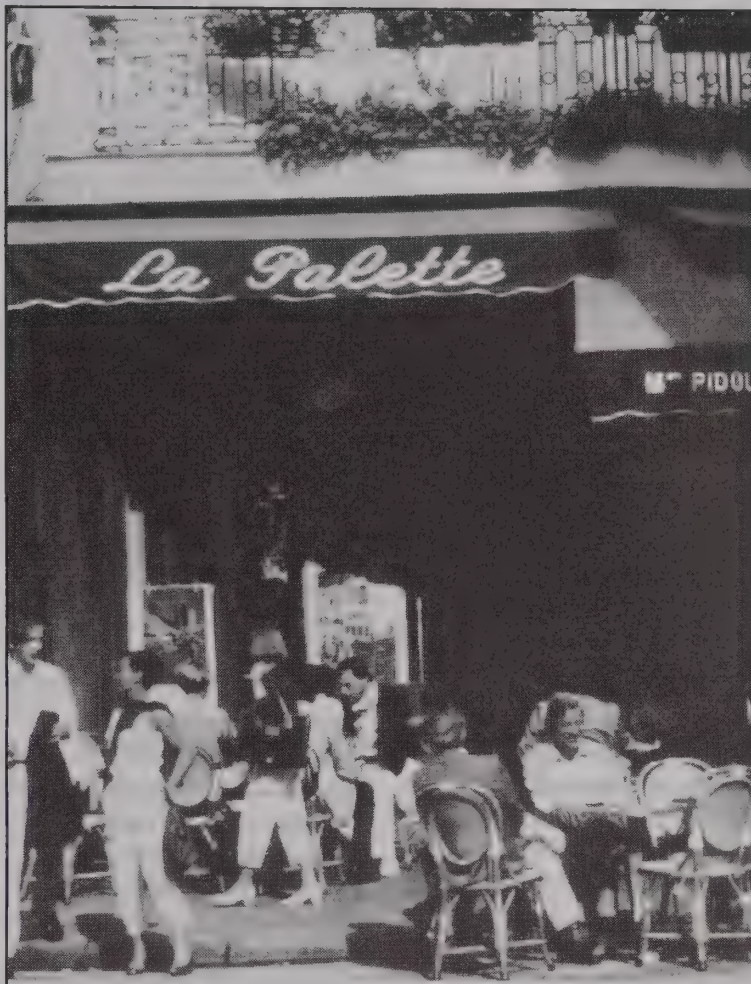
"The taxis were less helpful. Sometimes we found ourselves

railway to take people up to it and a museum at the bottom.

"We used the *Access in Paris*\* guide a lot. What we would do is decide where we wanted to

decided that, rather than waiting for the next train, we would load on with everyone else.

"It was fine, because Jenny



Parisian café life: but beware of cafés that are not accessible

FRENCH TOURIST BOARD

go on the map first, then look it up in the guide and match up the availability of access."

After the poor ferry journey over, the family booked on to Le Shuttle Channel Tunnel train for the return, for £58.

"They normally load cars for disabled people on first, but as we had cut our timing fine, we

was able to stay in the car all the way. However, I could see why they load disabled people first, not only for safety, but because there are only so many toilets.

"I would definitely recommend visiting Paris, although we did have some problems getting into cafés and

## Paris match

*Access in Paris* co-author Gordon Couch outlines some new deals

## Residence Internationale de Paris

44 rue Louis Lumière, 75020 Paris, tel: (010 331) 40 31 45 45, fax: (010 331) 40 31 45 67. This is a new hostel to the east of the city, near Porté Bagnole, with parking for about ten vehicles, and more space in the roads around. It offers all the basic facilities for disabled people while giving extremely good value.

There is a flat entrance to the reception and bar. This has a counter at wheelchair height and a billiard table with cues adapted for chair users. There are also wheelchair-accessible loos on the ground floor and lifts to all floors, plus a self-service restaurant in the basement which is reasonably spacious. There are 102 rooms, all of which are wheelchair accessible.

Rooms can be either singles, or for two, three or four people. With four people sharing, the price is well within band A, up to 300Fr. The facilities for both chair users and disabled walkers are excellent. Perhaps my only reservation is that it's a

quiet area, and you have to go some distance for any "action". I got the impression that the management were pretty clued up on the needs of disabled visitors. Advanced booking in the summer is strongly advised.

## The Louvre's new wing

The Richelieu wing at the Louvre is now open and largely wheelchair accessible. It is reached, as are the other wings, from the mezzanine level described in the guide.

## Contacts

*Association des Paralysés de France (APF)*, 17 bd Auguste Blanqui, 75013, tel: (010 331) 44 16 83 83.

*Office de Tourisme de Paris*, 127 Champs-Élysées, 75008, tel: (010 331) 49 52 53 54.

*RADAR (Royal Association for Disability and Rehabilitation)*, 12 City Forum, London EC1V 8AF, tel: 0171-250 3222.

*La Villette - Cité des Sciences et de l'Industrie*, tel: (010 331) 36 68 29 30.

*French Tourist Office*, 178 Piccadilly, London W1V OAL, tel: (0891) 244 123.

restaurants which are not particularly accessible, and the staff were not always very helpful. But some places, like TGI Fridays, were good."

*Access in Paris*, £6.95, by Gordon Couch and Ben Roberts, Quiller Press, from bookshops. Hoverspeed, tel (01304) 240241. Le Shuttle, tel: (01990) 353535.



Paris bound: Jenny and Edward

squeezed together along one back seat, which was irritating."

During the visit, they covered many of the sights of the city, including the Arc de Triomphe and Notre Dame, where they went to see a nativity play for children.

They also went to the Sacré Coeur, which has a funicular

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Keith Pegram went beyond the tax man's reach to the sunny isle of Jersey

After two memorable holidays in Guernsey beyond the reach of the VAT man, we decided last year to try Jersey.

It turned out to be a beautiful island, with plenty to do and see, much of it accessible for someone with arthritis like me.

Previously we had travelled by air or on the overnight ferry; this time we took the Condor catamaran from Weymouth.

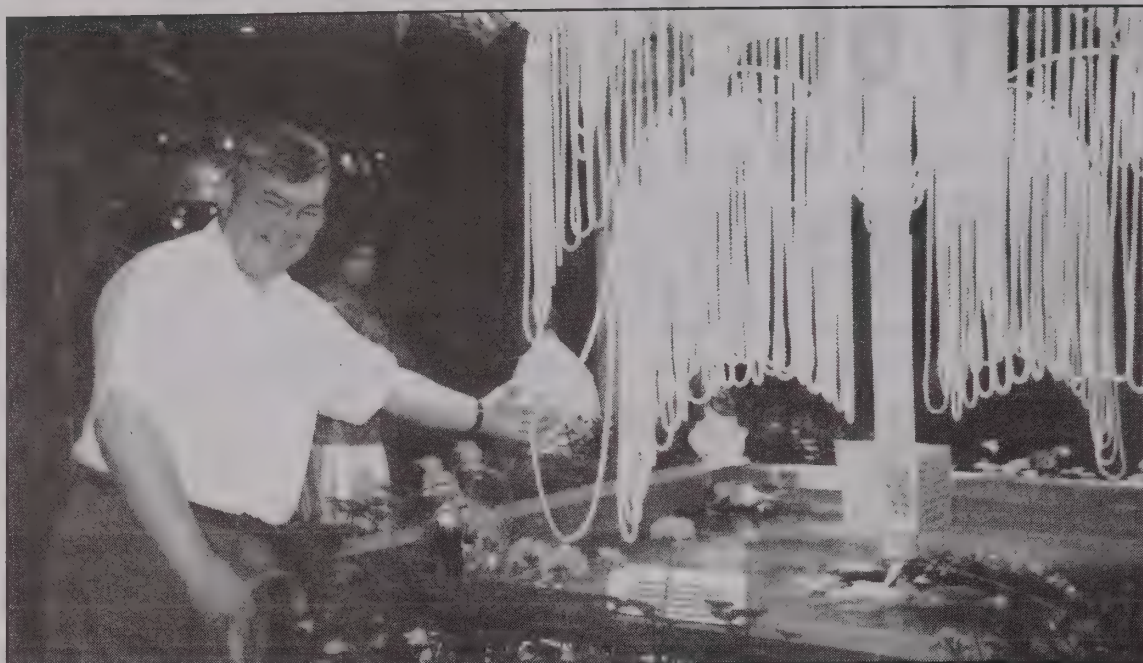
Disabled drivers who keep their hazard lights on as they approach the catamaran will be directed to a parking space near the stairs. If you cannot climb the stairs there is a small lift, and stewards are prepared to carry severely disabled people.

Our guest house, the Havelock, a mile outside St Helier, was family owned. We stayed half-board for £20 a night (remember, no VAT) and when they heard I was vegetarian, they did everything to provide me with nourishing meals. Unfortunately, there was no parking, so we had to leave our car in a public car park overnight. Thankfully, my wife, who is not disabled, drives.

In St Helier the streets are quite flat and many of the shops are wheelchair accessible. In summer several stay open until 9pm. Prices for petrol, drinks and so on are well below those on the mainland, as there is no excise duty either.

There are parking bays for

# A pearl of a place



Keith Pegram gets his hand on the £1 million display at Jersey Pearl. Later he saw ingots at Jersey Gold.

disabled people. Some are timed and you buy a clock (£2) from the town hall. Others have signs showing how long you may stay. You display the parking cards on your windscreen, scratching out the time, day and date.

Tourist attractions have ample parking, gift shops and restaurants. One of our favourite places was the Living Legend, where the visual and audio presentation makes Jersey's history come alive.

For a day's outing there is Jersey Zoo, established by the late Sir Gerald Durrell, the world famous naturalist, who died in January. A video gives background information, and

you can join the zoo keepers who select one animal or reptile and tell you all about it. You can ask questions too.

Jersey is famous for its flowers, so you must visit Jersey Flowers. You can go through the green-house and the packing department. Outside there is a beautiful lake with many different birds. A very peaceful place.

If it rains, try the Jersey Pottery, set among flowers and trees, where you can watch potters at work. The well-stocked shop is tempting. Then turn left into the main road and go on to Gorey, a small, colourful harbour.

We found the free guide

*Access in the Island of Jersey* helpful. It is available from the tourism office on the weighbridge in St Helier.

Have a good break!

*A week's holiday for two (half board and catamaran with car) cost just over £400. Average air fare: £90 per person.*

*Jersey Tourism, Liberation Square, St Helier, Jersey JE1 1BB, tel: (01534) 500700.*

**Action for Blind People** runs a package holiday for blind people to the island. Their brochure is available in large print, braille or on tape. Tel: 0171-732 8771.

## Spring shows

### England

Cornwall Gardens Festival, all over the county, 1 April-31 May. Tel: (01872) 74057.  
International Antiques Fair, National Exhibition Centre, Birmingham, 4-9 April. Tel: 0121-780 4141 ext 2760.  
Grand National at Aintree Racecourse, Liverpool, 6-8 April. Tel: 0151- 523 2600.  
International spring gardening fair at Olympia, London, 13-17 April. Tel: 0171- 782 6998.  
York model railway show, National Railway Museum, 15-18 April. Tel: (01653) 694319.  
Jersey jazz festival, 19-23 April. Tel: (01534) 680080.  
*English Tourist Board, tel: 0181-846 9000*

### Northern Ireland

Circuit of Ireland motor rally, Bangor, 14-17 April.  
Belfast spring flower festival, 22-23 April.  
Templeton antiques and fine art fair, Templepatrick, County Antrim, 25-27 April.  
Sonorities, 20th Century music at Queen's University, Belfast, 28 April-6 May.  
Cavalcade of old vehicles on Bangor seafront, 29 April.  
*Northern Ireland Tourist Board, tel: (01232) 246609.*

### Scotland

Kirkcaldy links market, 19-24 April. Tel: (01333) 429464.  
Girvan traditional folk festival, 28-30 April. Tel: (01563) 44855.  
Glasgow Mayfest, 28 April-20 May. tel: 0141-552 8000.  
*Scottish Tourist Board, tel: 0131-3322433.*

### Wales

Summer gardening at Dyffryn House, Cardiff, 9 April. Tel: (01222) 593328.  
Bangor on Dee races, 22 April. Tel: (01948) 860438.  
Holyhead arts festival, 26 April-6 May. Tel: (01407) 763361.  
Annual Porthcawl open fishing festival, 30 April. Tel: (01656) 788788.  
*Wales Tourist Board, tel: (01222) 499909.*

### National Trust centenary

Medieval archery weekend, Corfe Castle, Wareham, 6-8 May. Tel: (01929) 481294.  
Garden road show, Kingston Lacy, Wimborne Minster, 13 May. Tel: (01202) 883402.  
Nunnington Hall spring fair, York, 28 May. Tel: (01439) 748283.

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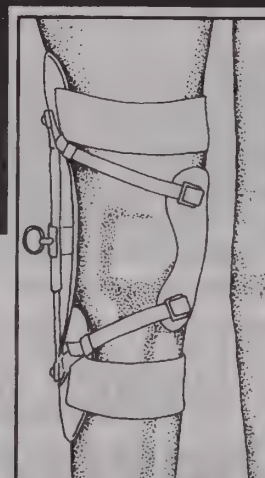
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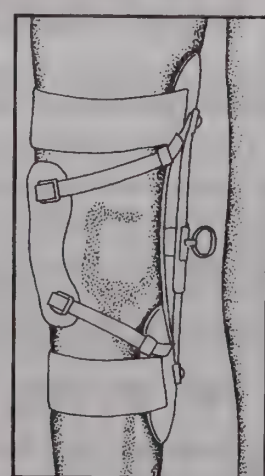
Knock Knee (Valgus) Before



Knock Knee (Valgus) After



Bow Leg (Varus) Before



Bow Leg (Varus) After



# Travel the world on the Information Highway

"Internet" and "e-mail" are buzz words. But what do they offer? Tom Crawley explains.

If you need information, or to send a message, or some entertainment, the Internet might be just what you are looking for. Developed in the United States during the '60s, "the Net" has grown until it is now a global network of computers linked by modems which, reputedly, has 30 million users.

Not everyone will be able to use all the facilities the Net has to offer, but here are its main functions.

## Electronic mail (e-mail)

You can send messages to electronic "mailboxes" anywhere in the world, which usually arrive in minutes.

You need to know the address you are sending the message to. This will look something like [dnow@mbray.demon.co.uk](mailto:dnow@mbray.demon.co.uk) (which is *DN's* address). You simply type the message, dial-up the Net, and send it off.

You can also send computer files, for example, pictures of yourself to a great aunt in Australia – assuming you and she are connected to the Net, and you have a stored computer photograph to send.

## Global discussion groups

Known as "Usenet newsgroups", these are electronic notice boards. Messages sent to the newsgroup are available for other interested parties to browse through.

There are around 9,000 different newsgroups, many dealing with computing, but you can also join global discussions on topics such as dolphins or wine-making, and even a Pooh Bear fan club.

Newsgroups of particular interest to those with disabilities include *misc.handica*, which has general information for those concerned with disabled people and the disabled community.

When I looked, most messages were posted by Americans. Discussions included wheelchair access to nude

beaches, a request for help finding a talking thermometer and a student wanting information about the Lillehammer paralympics. There can be hundreds of messages in a day.

There are also support groups for specific disabilities, including schizophrenia, muscular dystrophy and attention deficit disorder.

## Inform or entertain

You can also use the Internet to access a vast range of information and resources.

The most impressive part of the Net is the World Wide Web. You use your mouse to point and click on the information you want or to access sound and pictures. The World Wide Web takes much of the difficulty out of navigating the Internet. On one Web page you can even buy a powered wheelchair.

For entertainment, you can "surf" the World Wide Web, moving from computer to computer. Generally, each World Wide Web page gives you some information and links to other pages. Following a trail could easily take you from a computer in the UK to one in the US and from there to Holland, Australia or Japan, all within a few minutes.

You can tour the Louvre and "collect" pictures at <http://www.cnam.fr/louvre/> or check out Cardiff University's detailed film database at <http://www.cm.cf.ac.uk/Movies/> which lists cast and film details for over 41,000 films and nearly 3,000 tv series.

You can find out what's happening on *Babylon 5* (the *Star Trek* spin-off) at <http://www.hyperion.com/lurk/lurker.html>, check on your lottery tickets (and even see how your favourite numbers have done in the past) on <http://www.csc.liv.ac.uk/users/rkl/lottery/>. You can

## COMIC RELIEF


### Red Noses in Cyberspace

#### BBC Westminster On-Line

BBC2 08.15-09.00 GMT, Monday - Thursday (when Parliament is sitting)

The early morning programme that gives you the chance to put the politicians on the spot

THURSDAY 9th March 1995



Rt. Hon Paddy Ashdown MP

The Liberal Democrats seem to be in trouble. Trailing badly in the opinion polls, the party's thunder has been stolen by Tony Blair's Labour party. Yet Liberal Democrat activists insist there is a world of difference between them and 'new' Labour. In fact, they say that as Labour moves to the Right, the Liberal Democrats are the true radicals in British politics.

### The UK National Lottery

Winning numbers for Lottery #16 (Sat 4 Mar 1995)

11 12 17 26 36 42 13

One person won the 8,807,149 pounds jackpot prize

- UK National Lottery Background Information
- Find Out If You're A Winner!
- List Of All Winning Numbers So Far
- UK National Lottery Numerical Analysis
- Draw Details for Lottery #17
- What's New On These Pages

What you can find on the Internet – anything from Parliamentary news to Comic Relief and the Lottery

find out more about what's going on in the UK Government <http://www.open.gov.uk/cctagis/central.htm>, and now you can join the Westminster on-line morning BBC tv programme at <http://www.bbc.co.uk/westonlin> e, adding your questions to those for interviewees.

## Limitations

There is little control over the information on the Net, so you may not know how long the information has been there, nor who made it available. Much of it will be American.

Because the Internet is a network of computers, it is not always easy to find what you need. It can also seem slow and, at times, frustrating. World Wide Web pages you are sent to may no longer exist, or you cannot access particular computers because too many people are using the system.

There's a darker side too. Lack of overall control means the Net has some distasteful uses, reputedly, child pornography and neo-Nazi communications.

## Quick try out

If you want to surf the Internet, you can do so for £5 per hour at two cafes equipped with computers. Cyberia, 39 Whitfield Street, London W1, tel: 0171-209 0982, and CBI, 32 Mill Road, Cambridge CB1 2AD, tel: (01223) 576306 are the first of a new breed offering the chance to "sip and surf".

## Getting connected

You need a computer (most often a PC compatible or Macintosh), special computer programs (some will be free when you subscribe), a telephone line (your existing phone line is fine), a modem (which enables your computer to send and receive signals over the line, about £150), and a telephone number for your computer to dial so you can connect to the Net.

Connections are provided by "service providers", of which there are an increasing number. There are books (make sure they cover the UK, as many are US-only), and magazines – *Internet* magazine has a list of service providers.

The service provider offering full Internet access with the most extensive local dial-up around the country is currently Demon, tel: 0181-349-0063. Registration costs £12.50, then £10 per month (+VAT).

As more people connect (Internet connections are said to be growing at 10 per cent a month), connection prices will drop and there will be more useful information available.

The final cost is the phone bill you run up while you are on-line – it can be alarmingly high.

## DN goes on-line

*Disability Now* joined the World Wide Web pages on a site launched by Disabilities Access in March. Selected news stories and news features are available.

At the Disabilities Access site you will find on-line information for people with disabilities and their carers, including information from charities such as RADAR, Scope, Skill and Dial UK, as well as a directory of suppliers.

If you have access to the Internet and can use the World Wide Web, you will find Disabilities Access at <http://www.pavilion.co.uk/CommonRoom/D-Access>.

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**Caring in a Crisis**

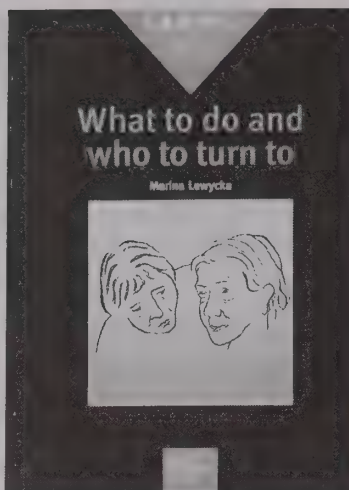
A series of four books published by Age Concern.  
£4.95 – £5.95 each, from WH Smith or the Publications Unit, Age Concern England, 1268 London Road, London SW16 4ER.

*Caring in a Crisis* is the banner under which Age Concern has published a series of four books written for first-time carers. Each book records carers' own personal experiences with warmth and empathy.

*What To Do and Who To Turn to (right)*, by Marina Lewycka, starts with a crisis and takes the new carer through the first few hours of caring for a "relative".

Lewycka's first comment is "don't panic", followed by advice on ways to relax and how to stay calm.

The book is very well written and easy to follow. It covers arranging care, who's who amongst the professionals, long-term options and money matters. The section on who to



contact is an excellent guide through the minefield of services.

*Going Home From Hospital*, by Sheila White, looks at the anxious time faced by a carer when the "cared-for" person leaves hospital.

There is advice about planning for the day and the actual discharge through to financial benefits and managing the relative's money – all with personal experiences to bring it into perspective.

This book will save the carer

precious hours and frustration because the guidance and answers are here.

In *Finding and Paying for Residential and Nursing Home Care*, Marina Lewycka helps the carer to accept that a relative needs residential or nursing care. The practical advice given on the types of establishments available, the changes in the law on this and the costs are all very well set out and reported.

Again, a large part of the book is based on personal experiences and the information on sources, specialist help and how to go about finding the right type of accommodation is clearly stated.

To be told someone we love is terminally ill and to know that the responsibility for care is to be ours is the subject of *Caring for Someone Who is Dying* by Penny Mares.

Written from personal experience, she gives clear advice and help through this emotional time. The personal experiences of carers are useful, whether the care is at home or elsewhere.

The book is excellent in its detail, taking you through understanding the illness and the help available to overcoming fears about dying and bereavement. This last section would be useful for all those who have been recently bereaved.

I cannot praise this series enough – there was not a question left unanswered. The useful address section at the back of each book is of real value. I have one criticism: the cover illustrations do not truly represent older people. I find them insulting and wonder why they were chosen.

Jean Bland



## *Little or no voice? Claudius II is the ideal choice*

For many people with a serious speech impairment, the launch of the original Claudius speech communication device came as a piece of very good news.

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Phrases can be played back either through the speaker or down the phone line.

*If you wish to find out more about this product please call free on 0800 800 150 and ask to speak to the BT Action for Disabled Customers Manager.*

**Book News**

THE  
**COMPUTER USER'S  
HEALTH HANDBOOK**  
Problems, Prevention and Cure

Joanna Bawa



*The Computer User's Health Handbook* (above) gives advice on avoiding eyestrain and repetitive stress injury. £10.99 from bookshops or from Souvenir Press, tel: 0171-580 9307.

Still on medical matters, the series, *The Natural Way with Heart Disease/Asthma/Migraine/Eczema* covers alternative therapies and how they work. £3.99 each from bookshops or Element Books, tel: (01747) 851448.



# 'If I hadn't started painting, I don't think I'd be here today'

(4) For Alan Bethell, taking up painting was more than a therapy, it was a lifeline

In 1979, I was shopping in Woolworths when a young man a few feet away from me rummaged in his hold-all. I have no memory of the explosion. The home-made bomb he was about to plant blew up, setting the store on fire – it left me then aged 44, disabled for life.

I was the victim of a crazy youth's plan to carry out a bank robbery in Yeovil. The judge gave him twelve years, but I got a life sentence. The blast left me with a fractured skull and damaged eyes, neck and lower spine.

I was deaf in both ears for a year following the accident, and suffered blood poisoning from shrapnel left in my body.

Before the blast, I was an active family man. Now, physically and mentally damaged, my life seemed to be in ruins. The doctors, surgeons and psychologists did everything they could for me, but, by 1981, it was clear that I could never work again.

My wife, Glenis, suggested I write a book about my experiences as a child refugee in Sherborne, Dorset. I got started, but my eyes quickly became tired. Then she suggested painting and drawing.

I eventually agreed to try painting by numbers; at least I couldn't make a fool of myself doing that.



'Owls': study in oils

So that's how I got started. And thank God I did. Suddenly, I was absorbed in something. It gave me a complete hold on life. Hours passed in a flash, I was able to relax, and even my pain disappeared when I was painting. Soon I started to paint aeroplanes, Spitfires and Lancasters, (I'd served in the Royal Air Force) and friends asked to buy my pictures.

I think they were just trying to



Alan Bethell: "Hours pass in a flash, I am able to relax, and even my pain disappears when I paint"

GLENIS BETHELL

help with our finances, but it was a great boost.

I dread to think what would have happened to me and my family if I hadn't started painting. I don't think I'd be here today.

In 1985, I had a major operation on my eyes, with marvellous results. The world opened up again, and my interest in painting grew even stronger.

I also started to learn to play the piano, made multi-track

recordings on a Yamaha electronic keyboard, and people asked to buy my tapes.

## Self-employed

I took up ship modelling, and the models sold like hotcakes. Before I knew it, I was virtually self-employed and, with the compensation I was awarded and the disability allowance, we could manage financially.

I carried on painting as best I could, using oil paints, but still had no money for painting

lessons. I read books from the library, but I was feeling that I'd got about as far as I could get. I just couldn't seem to improve in the way I wanted.

Then, in 1991, I watched *A Brush with Art*, the first in a television series by an artist called Alwyn Crawshaw.

I liked him the moment I saw him, he was just my kind of man, informal and so enthusiastic. He said: "Go on, have a go, it's easier than you think" – and he was right.

Nine months ago, I joined the Society of Amateur Artists. I joined because I love reading about art and I want to further my skills. These days, I am not interested in selling my pictures. I paint purely for pleasure, and it keeps me sane. Although I'm fairly mobile, I'm still in constant pain.

But I can put that all behind me because I paint. When you're involved in art, you can forget everything, even physical discomfort. Dwelling on your pain just makes it worse. So I keep myself busy and paint every single day.

*The Society of Amateur Artists holds its second national exhibition on 26-29 April at the Royal Horticultural Hall, London SW1. Up to 3,000 pictures by members will be on show. DN readers can cut out the special coupon below and save £1 on their entry fee. For details, tel: (01400) 281492.*

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**Exhibition 1995  
26-29 April**

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# Share your problems

## Keep in trim, but don't follow the fanatics



Ann Darnbrough DN, 12 Park Crescent, London W1N 4EQ

It is probably fortunate that I have a wheat allergy, because it keeps me away from biscuits, cakes and gorgeous patisseries. That makes dieting a lot easier.

Mind you, the day I discovered wheat-free flapjacks, I was lost and have to admit I am addicted now. It goes alongside my addiction to newsprint. Any newsagent, however small, now has its stock of flapjacks alongside the newspapers. As I pick up my favourite paper, there they are! Still, what is temptation, if it isn't to be given in to?

### Weight woes

Losing weight is a problem for many of us who are disabled because we aren't able to exercise enough to lose those extra pounds, which, in turn, make mobility much more difficult.

I mentioned this problem in my February column and was delighted to hear from "Shirley" who was overweight by three stone and is now successfully shedding pound after pound. She is affected by thalidomide and her mobility is severely restricted. This has been made worse by her excess weight.

Shirley recommends joining a slimming club. After trying a couple, she settled on Slimming World, and so successful has it been for her that, amazingly, she lost her first stone over the Christmas period.

She describes her experience: "The diet is easily adapted to suit an individual's preference. In my case, I have found that lowering my carbohydrate intake and increasing my protein intake is successful.

"I never feel hungry, or experience that lack of energy which I have had on other diets. These tried to include a little of everything, which often led to a 'snack attack'; that is, heading for a choccie bar or biscuit! I am unable to exercise after injuring my knees and, therefore, it is the diet alone which has produced the weight loss.

"I look forward to the weekly class, which is most supportive, and also to meeting others. It is quite a social event. There are other activities organised through the club, such as discos and boat trips. It is one of the cheaper slimming clubs, costing under £10 to join and thereafter £2.95 per week.

"I think it is a wonderful way to be 'accepted'. The members of the club all have the same problem – being overweight – and it is that which brings us together. My disability is not an issue with this group at all. I have also discovered that losing weight produces increased confidence, which all too often people with disabilities lack."

Shirley is careful to explain that she will not earn any commission from recommending Slimming World. She just wants to share her success and her pleasure in belonging to the club.

Jacqui Moore told us about

with their own condition.

"These professionals are the people to ask. Not the unqualified fanatical extremists who subscribe to the animal rights philosophy.

"I have Friedreich's Ataxia, a genetic disorder of the central nervous system for which there is no current medication or cure. Without research, using animal models, I have no hope for future treatment.

"The general public is being fed so many untruths and distorted facts by animal rights extremists, that I felt it necessary to form SIMR to balance these outrageous

coin, chloroform is so toxic to dogs that for many years this valuable anaesthetic was not employed on patients.

"Digitalis, the main remedy for cardiac patients was retarded for a long time because it raised the blood pressure of the dogs dangerously when it was first tested on them.

"It's only when people take the drugs that any realistic conclusions can be drawn as to their suitability for humans.

"Yes, people have been provided with life-saving drugs and techniques, but it is in spite of, rather than because of, animal testing. People with high medical qualifications have written whole books tearing apart vivisectionists' claims.

### Exploited

"The saddest fact is it is vulnerable, sick people who are being used by vivisectionists, who tell us to be grateful for their 'life-saving' work. Well, I for one refuse to be used anymore."

Sue Croshaw wrote to me on similar lines last year: "Ten years ago, I realised that my image was being exploited by research charities to raise money that would ultimately cause pain and suffering to millions of laboratory animals.

"I decided to speak out against this double oppression, launching Disabled Against Animal Research and Exploitation (DAARE), a unique animal rights organisation for people with disabilities."

Well, there you have it – both sides of the debate. What do you think?

*Slimming World, Clover Nook Industrial Estate, Clover Nook Road, Somercotes, Alfreton, Derbyshire DE55 4RE, tel: (01773) 521111.*

*SIMR, PO Box 504, Houghton Regis, Dunstable, Bedfordshire LU5 5YW, tel: (01582) 864596.*

*DAARE, PO Box 8, Daventry, Northamptonshire NN11 4RQ.*

### A UNIQUE SERVICE!



The DN telephone counsellor, Lin Berwick, is a psycho-therapeutic counsellor, fully accredited Methodist local preacher, and qualified homeopath. Disabled herself, she can give other disabled people and their carers advice and support on personal and spiritual problems. Talk to her on Monday afternoons, 1pm-5pm and Thursdays 6pm-10pm. Her telephone number is (01708) 477582. DN's helpline is sponsored by British Telecom.

her "painless diet" in the letters column last month. How do other readers deal with weight problems? Everybody seems to have their pet regimes – it would be good to hear about them.

### Animal research

You may remember that last year I discussed using animals in research. This is a subject that many people feel strongly about, not least Andrew Blake who set up the organisation Seriously Ill for Medical Research (SIMR) because he wanted to counter what he felt were the negative and overblown arguments of animal rights activists.

"I am concerned that people do not understand the vital role of animal research. Many disabled people are in a unique situation to judge the truth, for they usually have access to medical experts associated

statements. SIMR is a patients' group which supports humane animal research for life enhancing/saving medical treatments. We do not support or defend cosmetic testing."

When I last raised this subject, another reader, "Peter", wrote to point out the disadvantages of relying on animal testing, because of mistakes made as a result of the physiological differences between humans and other animals.

"I have read about Opren, an anti-inflammatory drug that was promoted as having the unique potential to alter the progression of arthritis, rather than alleviating the symptoms. "Opren did indeed 'cure' arthritis, but only in laboratory rats. It proved to be highly toxic to humans and killed more than 60 people in Britain, with 35,000 reporting side-effects.

"On the other side of the

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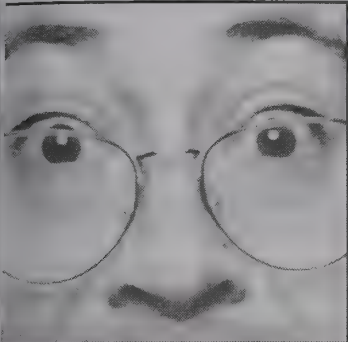
Tel: (01602) 255488.

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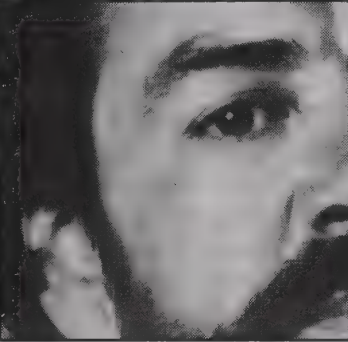
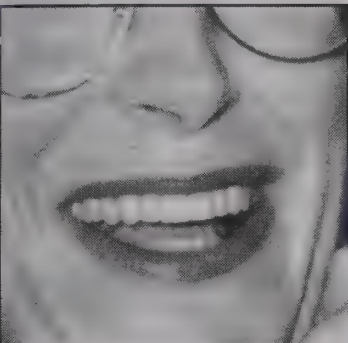
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Whose face is it anyway?

Answers below



We've got it taped!  
Did you know that DN is available on tape for visually impaired people? At the moment, this service is free of charge. To go on our mailing list, contact Helen Crow, tel: 0171-383 4575.

Whose face is it anyway?  
(from top): David Blunkett, Ben Elton, Maureen Lipman and Robert Lindsay

Trivia quiz

- Answers on page 35
1. Which jazz composer and saxophonist married Cleo Laine?
  2. What is a baby hare called?
  3. *Lily the Pink* was a hit for which trio?
  4. Which sport was included in the Olympic Games for the first time in 1964?
  5. It's a bird, it's a plant, it's a fruit, what is it?
  6. Which sign comes after Cancer in the Zodiac?
  7. Which Scottish comic/actor will star as a villain in the next *Bond* movie?
  8. What is Cheryl Baker's real name?
  9. Who presents *The Time, The Place*?
  10. Who was the fourth wife of Henry VIII?

Do you have a side-splitting joke to share? If so, send it to DN, address page 2.

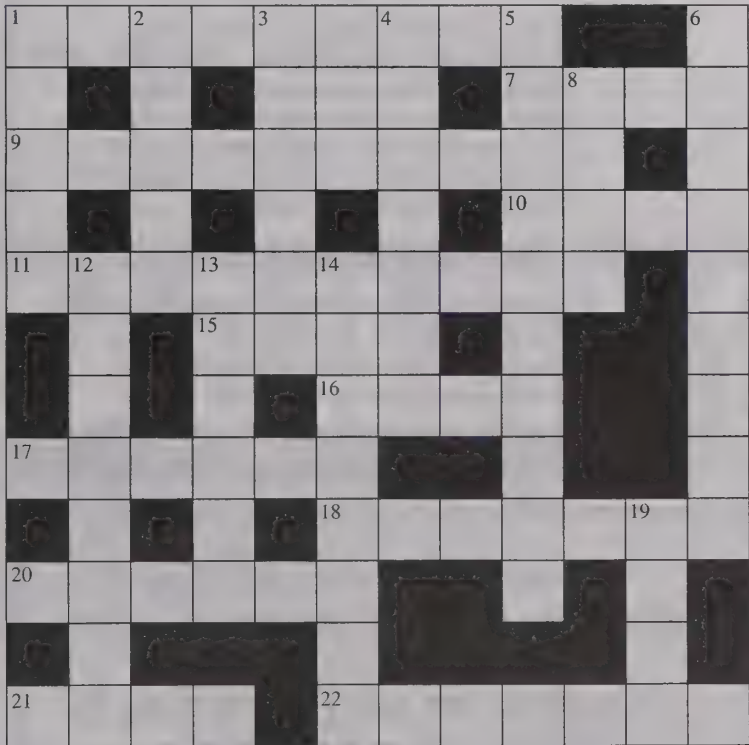


Create-a-caption  
(and win £10!)

More than £2 million has been raised to improve facilities at Portland College, Mansfield. What could students Simon Chambers and Dawn Sharlotte be saying to Chancellor Kenneth Clarke? Are they giving him some hot tips on budgeting? Answers to DN (address page 2), by 10 April.

DN's crossword

Answers on page 35 COMPILED BY REBECCA REYNOLDS



- ACROSS
1. Inflammation of the joints (9)
  7. In the distance (4)
  9. A drain pong (anag)
  10. Understand -- in a tree? (4)
  11. Lag in a tent (anag)
  15. Connected with excretion (4)
  16. Controversial meat (4)
  17. Plump (6)
  18. Ladies' shirts (7)
  20. German fairy tale character (6)
  21. Scandinavian god (4)
  22. Nineteenth century utopian novel (7)

- DOWN
- 1 & 3. Mentally tormented (5,6)
  2. Locomotive (5)
  3. See 1 down
  4. The list (anag)
  5. Saint Nicholas (5,5)
  6. Great side (anag)
  8. Sounds like a disgusting bird (4)
  12. Reach don (anag)
  13. Opening stratagem (6)
  14. Sea colour? (4,4)
  19. Ovid's talkative nymph (4)

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## Look out for

A signed performance of *Twelfth Night* by the Royal Shakespeare Company takes place on 15 April at the Barbican Theatre, London. Box Office, tel: 0171-638 8891, minicom: 0171-382 7297.

The Disabled Photographer's Society are holding two photography courses for disabled people over the Easter weekend in

Alton, Hampshire. £50 (including one year's membership). Details from Mike Birbeck, tel: (01256) 474129.

The English National Opera will give a signed performance of Alfred Schnittke's *Life with an Idiot* on 10 April at the London Coliseum. Box office, tel: 0171-632 8300. Also available is a free leaflet called *Access*, which gives details on facilities and concessionary prices. Tel: 0171-836 3908.

The 1995 London Poetry Festival runs from 24-29 April at the fully accessible Camden People's Theatre, London. The festival will include poetry by mental health survivors. Contact Steve Tasane, tel: 0171-639 9656.

A six-week circus skills course for deaf people is being held at Circus Space, London. The course, organised by Shape London Deaf Arts, kicks off with an open day on 28 May. Details from John Wilson, Deaf

Arts officer, Shape London, LVS Resource Centre, 356 Holloway Road, London N7 6PA. Minicom: 0171-700 8144.

Disability is the theme of two plays at the Institute of Contemporary Arts, London, in April. The first, *Snoozyland*, looks at the relationship between two men – one with cerebral palsy, the other able-bodied, 10 April. The second, *Meinwärts*, tells the story of disabled singer Joseph Schmidt,

28-29 April. Both £7. Box office, tel: 0171-930 3647.

Graeae Theatre Company will be holding auditions for disabled performers on 2-4 May. If you are interested, send a recent CV and photograph to Ewan Marshall, Artistic Director, Graeae Theatre Company, Interchange Studios, Dalby Street, London NW5 3NQ. Deadline: 3 April 1995.

A signed performance of *The Barber of Seville*, by the English Touring Opera, takes place on 6 May at the Corn Exchange, Cambridge. Box office, tel: 0171-820 1141 (voice and minicom).

The London Borough of Hackney will be staging its tenth Disability Arts Festival on 26-30 April. Full details from Shape London, tel: 0171-249 2169 (voice and minicom).

A touch tour and workshop for visually impaired people on the work of American sculptor Kiki Smith is on 3 April at Whitechapel Art Gallery. Tel: 0171-5227888.


## Arty facts

Shape London Deaf Arts is setting up a Deaf Drama Club for hearing impaired people. There will be workshops on all aspects of theatre including acting, directing, lighting, make-up and costume. If you are interested in helping to set up the club, contact John Wilson, minicom: 0171-700 8144.

Courses in Community Arts will start this September at the Liverpool Institute of Performing Arts. The new building is said to be wheelchair accessible, and disabled people interested in arts courses are encouraged to apply. Contact Nick Owen, tel: 0151-707 0002.

## Video top five


- 1. THE MASK (EV):** "It's party time - P, A, R, T, why? - cos I gotta" jokes Jim Carrey as the boisterous Mask. Don't miss the special effects. (N)
- 2. TRUE LIES (CIC):** action-packed adventure with husband and wife duo Arnold Schwarzenegger and Jamie Lee Curtis. (N)
- 3. WOLF (20.20 VISION):** Jack Nicholson transforms into a creature of the night. (N)
- 4. MENANCE II SOCIETY (First Independent):** Yo! Homeboyz and fly girls will love this "in the hood" sequel. (N)
- 5. BEVERLY HILLS COP III (CIC):** No surprises here – Eddie Murphy as LA cop Axel Foley. Surely this will be the last? (N)




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Free Air


## MANGAR LIFTS KEEP YOU MOBILE



Leglifter




Cotside




Pillow Lift


## KEEP YOU SAFER SAVE YOUR STRENGTH



Emergency Floor Lift

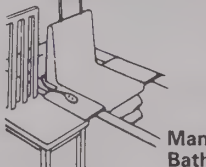


Lifting Cushion

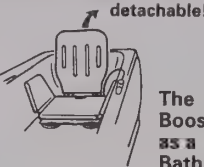


Leg Support

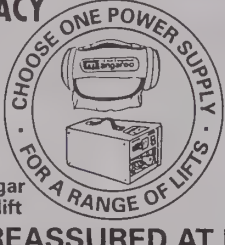
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Mangar Bathlift



The Booster 35 Bathlift



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I would like further details ☐ Name

I would like a free demonstration of the (state product) ☐ Address

Tel. No.

Mangar International, Presteigne, Powys, LD8 2UF. DN 4/95  
Tel: 01544 267674 Fax: 01544 260287

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## Disability Arts Project

■ As part of its commitment to the development and understanding of arts and disability, the Arts Council, in collaboration with the Regional Arts Board, is offering bursaries for disabled led video productions.

■ There are two types of bursaries available: Research and Development Awards possibly leading to Full Production Awards. The aim of R&D awards is to allow video-makers to prepare and application for a full award. Full awards aim to help finance the production of 20 minute videos or less).

■ Bursaries will be given for artistically innovative and original proposals that deal with arts subjects and issues arising from the arts activities of disabled people.

■ For application forms send SAE marked **Disability Arts Video Project**, to your Regional Arts Board. If you are unclear which Regional Arts Board covers your area contact Will Bell, Disability Arts Video Project, Arts Council of England, 14 Great Peter Street, London SW1P 3NQ. Telephone 0171 973 6455.

There are two deadlines.

The Closing date for the completed Research and Development applications is 22 May.  
The closing date for the completed applications for full awards is 31 July.

THE ARTS COUNCIL OF ENGLAND

## Free Management Training for Disabled People

### Would you like:

- Free access to mainstream quality management training run by Coverdale and organisations such as Midland Bank, Barclays Bank and the Post Office?
- Ongoing support & advice from a consultant to help you make personal development & training plans?
- Reimbursement of resulting hotel and travel expenses?

### Are you:

- Actively involved in working for others?
- Able to spread the benefit of your training to others in the community?
- Able to commit yourself to a challenging part time programme of training courses, some up to five days duration?
- Keen to work alongside managers from major commercial companies?

Coverdale is a leading British management consultancy. As part of our commitment to community affairs we are offering three more places on our national Leadership Development Programme to commence Autumn 1995. Educational work experience backgrounds are less important than a real desire to participate.

For an information pack and application form, contact Clare Finlow on 01925 570962, or write to the address below. Information is available in large print. **Deadline for receipt of applications is 30 May. Final interviews will be held over a period of two days in mid-summer.**

The Coverdale Organisation plc  
St James Court  
Wilderspool Causeway  
Warrington  
Cheshire WA4 6PS  
Tel 01925 570962  
Fax 01925 570963

## THE NUFFIELD FOUNDATION VISCOUNT NUFFIELD AUXILIARY FUND

## GRANTS TO HELP PEOPLE WITH DISABILITIES

People with disabilities are more readily given aids and equipment to help overcome their handicaps than the necessary support to enable them to use the aids and equipment quickly and with ease. The Nuffield Foundation is therefore offering grants totalling £115,000 to organisations with ideas for projects investigating, adapting or demonstrating a way of using existing equipment more effectively. Packages for training the user will be eligible for support, as will the evaluation of the use of existing equipment. Applications are invited in two areas: learning and communication aids and mobility aids. The grants cannot be used to help individuals buy or adapt equipment. The closing date is 1 June 1995.

Further details may be obtained by writing to: The Nuffield Foundation, 28 Bedford Square, London WC1B 3EG;  
or by telephone:

Application forms/information sheets: 0171-580 7434  
Queries/additional information: 0171-631 0566.

Please quote reference VNAF/TO'N.



tatements is a book for parents of children with special educational needs. It covers the 1993 Education Act Part III and the code of practice. £5, from 81 Network, 1-7 Woodfield Terrace, Chapel Hill, Stansted, Essex CM2 8AJ, tel: (01279) 47415.

Newham Asian Deaf Women's Group meets on Tuesdays and Fridays in east London. Contact Farla, tel: 0181-522 1323 (voice and minicom).

Info

The London Disability Guide covers benefits, employment and leisure in the capital. Free, with a 9p, A4 SAE, from the Greater London Association of Disabled People, Dept C7, 336 Brixton Road, London SW9 7AA.

Fancy the thrill of riding a motorcycle over obstacles or rough terrain? Moto X Ability, based in Bury, Lancashire, offers disabled people just that. Details from Stephen Bridge, tel: 0161-797 2121.

The Directory of Transcription Services lists 170 transcribing agencies which can produce braille, tape and large print publications. £9.25, (also in braille/tape). Tel: (01345) 023153.

What's on

The British Computer Society Disability Group's "hands-on" evening on 6 April in Exeter. Free. Details from Bob Jamieson, tel: (01268) 558208.

Inter-acting on Dementia, a two day course for professionals on 6-7 April in London. £100. Contact Paula Crimmens, tel: 0181-348 8658.

Improving Access to Training for Disabled Trainees, a seminar on 20 April in London and 27 April in Leeds. From £112.50. Details from Marie Galloway, tel: (0113) 2461738.

Tuberous Sclerosis study day for professionals, on 4 May in Cardiff. £15. Contact Janet Medcalf, tel: (01527) 871898.

Rethinking Movement and Communication, a conference on 17 May in London. £117.50. Details from Di Whittaker, tel: 0161-228 7059.

Help!

Sue Patel, an Asian lady with muscular dystrophy of the inclusion body myositis form, would like to contact other DN readers with the same condition for advice and support. Contact Ms Patel at 70A Burleigh Road, Penn Fields, Wolverhampton, West Midlands W13 0HL.

Graham Race and Charles Ducker, two MA students, are looking for disabled people to take part in research on home and office working environ-

ments. Contact them at Design for Disability Research Unit, c/o Alan Spindler, London Guildhall University, 41 Commercial Road, London E1 1LA.

Appointments

Professor Rodney Grahame has been reappointed as chairman of the Disability Living Allowance Advisory Board. David Massey will be director of Disabled Living. Kit Wells has been appointed the new editor of DAM, Disability Arts Magazine. Jeff McWhinney is the first deaf chief executive of the British Deaf Association.

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- "Low cost" instalment scheme
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For further information Phone: 01298 872551 Fax: 01298 872550  
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For more information on the Toyota of your choice please complete the coupon and send it to: Motability Department, Toyota (GB) Ltd., The Quadrangle, Station Road, Redhill, Surrey RH1 1PX, or call us free on 0800 777555.\*

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Current Car: Make \_\_\_\_\_ Model \_\_\_\_\_  
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\*The Toyota Information Service is operated on behalf of Toyota (GB) Ltd.

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## Holidays

**PENROSE BURDEN NORTH CORNWALL**  
"1992 Holiday Care Award Winners"  
Holiday Cottages designed for wheelchair users and their families. Rural setting with superb views. Dogs welcome. Wood burning stoves and daily meal service.  
Please ring or write for colour brochure.  
R&N Hall, Penrose Burden, St Breward, Bodmin, Cornwall PL30 4LZ. Telephone Bodmin (01208) 850277 or 850617.

**MAR Y SOL - TENERIFE**  
Wheelchair accessible apartments. Heated pool with hoist, restaurant, poolside bar, equipment hire. Ring today for cheapest prices on flights. Video available.  
**ALGARVE - PORTUGAL**  
Wheelchair friendly luxury villas in Portugal with swimming pools or small friendly hotel with adapted rooms. Sue Abbott, 123 Coppermill Road, Wraybury, Staines, Middx. TW19 5NX. Tel: (01753) 685718.

**Othona, Dorset**  
Friendly community (Christian basis) welcomes all. Common areas and some bedrooms fully adapted for disabled visitors. Themed weeks and retreats. Home cooking, sea views, low charges. (01308) 897130.

**USK VALE & WYE VALLEY**  
CWRT-Y-GAER has 3 self catering holiday homes, one designed for wheelchair users. Class 1 Access. Awarded 4 dragons, Welsh Tourist Board. A truly rural setting with magnificent views. Dogs really welcome. Brochure: S & J Llewellyn - 01291 650700.

**North Norfolk**  
Character cottage. Sleeps 8 + cot. Luxury single en-suite ground floor bedroom for wheelchair user with electrically operated bed, wheelchair shower, toilet with rail and remote control colour TV. 3 further bedrooms, 2 lounges, 2 bathrooms. No pets/smokers. Tel: (01205) 367111.

**Are you retired? Disabled?**  
How about a holiday with a difference? Abroad from January 1995, Austria, Bavaria, Hungary, Spain etc. Your holiday starts from being picked up from your home and ends when you return home. Special diets catered for. Let us know your likes and dislikes. We only want your holiday to be a pleasurable one. Also holidays in Anglesey. You just book, we do the rest. Telephone 01407 832394.

Quality self catering accommodation for all the family with an emphasis on facilities for disabled visitors. Nestling into beautiful unspoilt countryside. 6 of the 9 traditional Welsh stone cottages are single storey and easily accessible from the large car park. Cottages sleep from 3-9 persons and are equipped to the highest standard. W.T.B. 5 Dragons. Luxurious, Purpose built indoor heated swimming pool and games room. Open all year. Groups welcome. For colour brochure phone Richard and Linda Burgess (01570) 470275.

## Renew your DN subscription in seconds!

You can now renew your *Disability Now* subscription by Access or Visa over the telephone. Call Karen Bresloff or Helen Crow, tel: 0171-383 4575.

## For sale cont

**AMIGA SOLO SCOOTER**, small, nippy, ideal for indoors. £800 ono. Tel: 0181-761 3597.

**"A" FRAME WALKING FRAME**, flip down seat will fold. £50 ono. Tel: 0181-761 3597.

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Is getting out of your chair into your car becoming more and more difficult, painful or just too much for your driver/carer?

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## COME TO BRIGHTON FOR YEAR ROUND HOLIDAYS JOHN HOWARD HOUSE

We provide holiday accommodation for people with disabilities, with all the facilities and services for an enjoyable stay.

All rooms fitted with a 24 hour nurse call system.

Trained nurses and physiotherapy service are available if required.

**For further information and reservations please contact:-  
Linda Barrs, John Howard House, Roedean Road, Kemp Town,  
Brighton BN2 5RR. Telephone no. 01273 687638.**

## GLEBE FARM HOLIDAYS SELF CATERING COTTAGES FOR THE DISABLED

Glebe Farm, Charles Brayford  
Nr. Barnstaple, North Devon EX32 7PT  
Telephone: 01598 710241  
Open all year. Wheelchair accessible.  
Equipment available.  
Please contact: Valerie Boddington

**NAISH HOLIDAY VILLAGE**, New Milton, Hampshire. Fully equipped, completely wheelchair accessible, two-bedroom bungalow. Sleeps six. Site near sea with access to New Forest, Bournemouth, Excellent site facilities 100 yards from chalet. Details, Mr P Cash, tel: (01425) 672055.

**LOOE, CORNWALL**. Fully equipped, self-catering, two-bedroom bungalow. Sleeps six. Site near sea with easy access to beach, shop and camp facilities. Easily accessible for wheelchairs. Details, Mr P Cash, tel: (01425) 672055.

**SOUTH WEST WALES**  
Luxury caravans (one specially designed for wheelchair users and their families). On beautifully situated, friendly family run park. 250 yds from sandy beach. Heated pool. Bar/restaurant. Games room. Sunrise Bay Holiday Park, Llansteffan, Carmarthen, Dyfed, SA33 5LP. Phone: 01267 241394.

**ORLANDO, FLORIDA.**  
DISABLED TRAVELLERS DON'T MISS THIS SPACIOUS, LUXURY, ADAPTED BUNGALOW. 3 DOUBLE BEDROOMS. 2 BATHROOMS (MANGAR BATHLIFT). CABLE TV. TELEPHONE. COUNTRY CLUB MEMBERSHIP. 10 MINS AIRPORT. 15 MINS DISNEY. MEET 'N' GREET SERVICE AVAILABLE. PARAPLEGIC OWNER, SUE FISHER, 5 PARK LANE, BROUGHTON PARK, SALFORD M7 4HT. TEL/FAX: 0161 792 3029.



5 Star self catering cottages on animal park in North Wales. Fully wheelchair accessible with all services for disabled, 2 miles from the beach and with spectacular views. Half hour drive from Snowdonia National Park. 01407 711433.

**ELECTRIC WHEELCHAIR**, Carter Cruiser, vgc, cost £1,700, will accept £900 ono. Tel: (01702) 523008.

**FIAT FIORINO DERIVED VAN**, white, adapted with ramps and winch for rear access. 32,000 miles, recent major overhaul, £1,950 ono. Tel: (01462) 686992.

**MOBILITY 2000 POWERED CHAIR** with charger, £1,200 ono. Tel: (01204) 693684.

**RENAULT EXTRA FREEDOM**, G reg, three seats and wheelchair space. £15,000 miles, lowering suspension and automatic ramp for rear access. Vgc, £7,750. Tel: (01652) 652129.

**BEC THREE WHEEL SCOOTER**, excellent condition, £400. Also, electric lift and tilt chair, £150. Tel: 0181-868 4981.

**FOR SALE OWING TO BEREAVEMENT**, Cheetah wheelchair, used one month only. Does everything, eg, reclining back and central computerised control. Cost £6,000. Reasonable offers seriously considered. Tel: (01934) 835134 Avon area. Please call after 9 April.

**HONDA ACCORD AERODECK 2.0**, auto, D reg, hand controls, power assisted brakes and steering, 6,500 miles, very wide opening three door hatch, clean, comfortable and luxurious, £2,500. Tel: (01491) 836855.

**ORTHO-KINETICS TRIUMPH** electrically-operated invalid mobility chair. Little used, vgc, needs new batteries, £950. Tel: (01985) 212536.

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Magnificent location, peace, comfort, good food - all you could wish for in a guest house, but with many extras for those special holiday needs. Fully accessible accommodation and a wide range of equipment and services, sensitively and discretely provided. Holidays tailored to suit individual needs. You can enjoy a holiday on Arran whatever your level of activity, and it's nearer than you think! For brochure and full details contact Graham and Barbara Williams, Strathwhillan House, Brodick, Isle of Arran KA27 8BQ. Tel: 01770 302331.

## EVERYTHING IS WHEELCHAIR ACCESSIBLE AT BLAGDON FARM COUNTRY HOLIDAYS DEVON

New, luxury bungalows, overlooking 2.5 acre lake and set in 38 acres picturesque countryside. Nature trail, adventure playground, pet's corner and covered games area. For brochure contact Pauline & Tony Blight, Ashwater, Beaworthy, DEVON, EX21 5DF. Phone: 01409 211509. Fax: 01409 211510.

## THE LAURELS, HOLBETON

Close to Plymouth and Dartmoor. Refurbished Victorian hotel adapted for wheelchair users. Spacious ground floor bedrooms. Half board and lunches. Groups welcome. Booking details, please phone Keith Grover (01752) 830580.

**Brittany Cottage to let**. Fully adapted for wheelchair use. Good access to beaches. Sleeps up to 6. Details C Hodgson. Tel: (01924) 454300.

## Llandeilo, West Wales

**1994 HOLIDAY CARE WINNER**  
3 cottages, all wheelchair accessible. Rural location and overlooked by 12th century castle. Ideally situated for exploring South and West Wales. Each cottage sleeps 4, central heating, CTV, games/fitness rooms, laundry, extensive grounds. Open all year, short breaks available. Tel: Catherine McLoughlin (01558) 823 059 for brochure.

## HOLIDAYS IN FRANCE FOR DISABLED PEOPLE

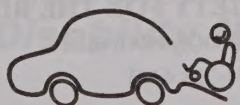
AUBERGE DE LA TOUR is a family run guest house offering holidays for people with a disability or mobility problems. Situated in the Loire Valley area we offer daily outings to Chateaux and other places of interest in our mini bus which is equipped with a tail lift.

For more information contact Mrs B Phillips, 20 Blackmore Court, Exmouth Devon EX8 4SG. Phone 01395 270429.

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## Disability Now Subscription Rates

Individual at home address: one year, £14, two years, £27.  
Organisations/authorities: one year, £19, two years, £37. Overseas (airmail): one year, £30. Multiple copies: 2 copies, £32, 3 copies, £48, 4 copies, £64, 5 copies, £80, 6-9 copies, £96, 10-50 copies, £160, 51-100 copies, £185. One year only.

## Conferences



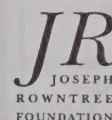
## STUDY DAYS ON MOTOR NEURONE DISEASE - For Health & Social Care Professionals -

No. 1 Wednesday 3rd May, The Novotel, Newcastle

No. 2 Thursday 18th May, Charing Cross Hospital, London

No. 3 Thursday 8th June, Addenbrookes Hospital, Cambridgeshire

**For further details please contact Claire Robinson, MNDA,  
P.O. Box 246, Northampton NN1 2PR. Tel: 01604 250505.**



## JOSEPH ROWNTREE FOUNDATION HOUSING AND COMMUNITY CARE CONFERENCE

Forte Crest Bloomsbury, London WC1N 1HT. Tel: 0171-837 2598.  
11th May 1995. 10.30am. - 4.00pm.

This conference will bring together the work of the nine research and development projects funded by Phase 1 of the Joseph Rowntree Foundation's Housing and Community Care Programme.

For further details, please ring or write to Sue Bracewell, Joseph Rowntree Foundation, The Homestead, 40 Water End, York YO3 6LP. Tel: (01904) 629241.

## Courses



**CITY  
University**

## MSc/Diploma Disability Management in Work and Rehabilitation

DMWR, the first postgraduate programme of its kind in the UK, is designed for people working in the field of disability and employment. It is especially suited to a wide range of practitioners, service managers and policy makers. The course has been developed in collaboration with other European universities and covers principles and practices, giving fresh insights into disability as an equal opportunities issue.

The next intake for the course is in October 1995 and it will be offered one day a week over two years or two days a week over one year. Prospective students will normally have a first degree or relevant qualification, but people with substantial work experience in the area will be considered. Applications from disabled people are particularly welcomed.

For further information, please contact Mun Ling Shields, Rehabilitation Resource Centre, City University, Northampton Square, London EC1V 0HB. Tel: 0171 477 8378 (Voice) 0171 477 8356 (Fax).

## Services

Disabled accountant works from home and prepares accounts for self employed people and small businesses for taxation purposes. Can obtain tax rebates if applicable. Fees reasonable. Consultations are free. Tel: 01279 415 664.

## Motor insurance

## The "Access" Policy

A unique contract specially designed for owners of vehicles converted to carry wheelchair passengers.

Substantial premium savings - up to 30% possible.

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01460 61373/62148**

## Wanted

**JAN NAVY PUSH CHAIR** or large Alvema 100. Tel: (01442) 235 124.

**BOY FROM SLOVENIA**, 15, with cerebral palsy, with summer house on Adriatic island is looking for a British boy of same age, for holiday exchange. Write to Peter Hawlina, Lipica 7, 64220 Skofja Loka, Slovenia.

**DISABILITY NOW** urgently requires Pantone chart in reasonable condition for colour work. Contact Sarah Rigby, tel: 0171-636 5020, ext 227, during office hours.

## CALLING ALL DISABILITY NOW ADVERTISERS

As you may know, new telephone codes are now up and running ready for the BT change over on 16 April 1995.

Most area codes will have an extra "1" after the "0", eg, London 071 numbers become 0171.

Bristol, Leeds, Leicester, Nottingham and Sheffield will change completely.

Bristol - 01179  
Leeds - 01132  
Leicester - 01162  
Nottingham - 01159  
Sheffield - 01142

**If you are placing  
a classified advertisement in Disability Now,  
please remember to use  
the new code.**



## Personal

For Personal ads please send a cheque or postal order for £3 payable to *Disability Now* with your ad. This is to help cover our costs.

**MAN, 41**, has muscular dystrophy, very successful at school, university and work. Wants to meet woman in/around London with similar condition. Me and you can enjoy ourselves together. Box No. 780.

**OVERSEAS GENTLEMAN** would like to hear from British lady penfriends, able-bodied or disabled (paraplegic welcome), for exciting correspondence and friendship. I am 29 and I enjoy music, literature, travel and writing, of course. Box No. 781.

**MALE, 43**, seeks lady for casual, sexual relationship. My name is Dave. I have cerebral palsy, as does my wife (who knows about this ad), so we can't enjoy a full sexual relationship. I am looking for an understanding lady, 29-40-years-old for friendship and a sexual relationship on a regular basis, able-bodied or disabled. Box No. 782.

To reply to a Personal indicate the Box Number and mark the envelope Private and Confidential. If you do not it will be opened. Send to DN, address on page 2.

**HOME LOVING MALE, 43**, fully recovered after accident with a few facial scars, would like to meet lady for lasting, caring relationship. Disabled or able-bodied, any area. All letters answered. Box No. 783.

**FEMALE, 29**, would like to correspond with male and female penfriends in the Tyne and Wear area. Hobbies include swimming, reading and going to the cinema. Box No. 784. (Please send in address - Editor.)

**GAY GUY**, young 40, post-polio but now rehabilitated, seeking friends and special soulmate for long-term partnership. Very caring, sharing and friendly. Relaxed and open minded. Many interests including music, travel, food/wine and cinema. No barriers. Please write soon. Box No. 785.

There is a short waiting list for Personal ads. Do not worry if your advert is not in immediately, it will probably appear next month.

## In A Crisis

Helplessness • Anxiety •  
Anger • Sadness • Hurt •  
Fear • Despair •

It does help to talk about it.  
Please Phone, Visit or Write.

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Any Time, Anywhere.  
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**Telephone: (01473) 226950.**  
For people with disabilities.  
Be assertive and join Handicate.  
Able-bodied welcome  
The Wellington Centre  
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Ipswich, Suffolk IP1 2PB.

0181-958 9657  
**Dates** for the Social  
36 Park Grove Edgware **Disabled** contacts  
Middlesex A better life provided.  
HA8 7SJ (All areas)

**Anybody - Any Age - Anywhere**  
Able-bodied or Disabled.  
Choose Your Own Ideal Relationship.  
**Mutual Essential Links**, 1 Weir Street,  
Northwich, Cheshire CW9 5HL.  
Tel: 01606 49093 (24hrs).

## Courses

### APPROVED PRACTICE TEACHING PROGRAMME North West (North) Consortium

University of Central  
Lancashire,  
Preston PR1 2HE  
Tel: 01772 893475.

Applications are invited from qualified Social Workers with at least two years post qualifying experience.

Enquiries are particularly encouraged from disabled candidates, as they are under-represented in the work force at present.

Closing date: 15 May, 1995

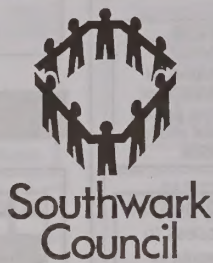
For further information and application forms please contact Programme Administrator, Department of Social Work.



UNIVERSITY  
OF CENTRAL  
LANCASHIRE



## Recruitment



## London Borough of Southwark Job Information Day



Do you consider yourself to have a disability?  
if you do then why not come along to our Open Day on:-

**Friday 21st April 1995**

**Venue:** Fastforward  
19 Buller Close  
Peckham Hill Street  
London SE15

**Time:-** 10.00am - 4.00pm

For further information, please contact Millie Cameron on:-  
0171-525-7194 or Mike Pearson on 0171-525-7338.



### ROYAL LONDON SOCIETY FOR THE BLIND

105 SALUSBURY ROAD, LONDON NW6 6RH

TEL: 0171-624 8844 FAX: 0171-328 4353

PROVIDING EDUCATION, TRAINING AND EMPLOYMENT FOR BLIND AND PARTIALLY SIGHTED PEOPLE

The Royal London Society for the Blind was established in 1838. We are committed to the training, education and employment of the visually impaired.

Kilburn Training Centre was opened in 1991 to offer further support within the employment and training field for the visually impaired. We offer NVQ's in Administration Levels I & II, Skilled Engineering Level I & II, RSA Modular examinations and pre-vocational qualifications.

#### Curriculum Co-ordinator

c. £21,666 inc. London Weighting

We are seeking a graduate with a minimum of 3 years managerial experience. The Curriculum Co-ordinator will have excellent organisational and interpersonal skills.

#### The post holder will be responsible for:-

- \* curriculum development and introduction of NVQ's
- \* managing the training team
- \* contract negotiations with TEC's & Employment Services
- \* quality assurance
- \* policy development
- \* management of the training budget

#### In addition the Curriculum Co-ordinator will have the ability to:-

- \* develop appropriate training programmes for special training needs
- \* manage human resources effectively
- \* make effective decisions objectively at both strategic and tactical level
- \* market the KTC to external organisations

#### In return we offer:-

- \* 20 days holidays per year
- \* Comprehensive staff training
- \* Subsidised restaurant facilities

For an application form and job description telephone June Monkhouse on 0171 624 8844

Specify format - Whether braille or tape required.

Closing Date: Friday 21st April 1995. Interviews w/c: 15th May 1995

RLSB is committed to equality of opportunity.

## DESIGN AND PROPERTY SERVICES

Nottingham City Council wants to employ more disabled people, therefore applications for the following post will only be accepted from people with disabilities.

Applicants who would like further information or help in completing the application form are very welcome to use the Joblink service by contacting Sylvia Coles. TEL: (0115) 948 3500 ext 4516.

## Personnel Assistant

### Support Services

Scale 3 £10,332 - £11,064 pa

THIS POST IS RESERVED FOR DISABLED APPLICANTS ONLY

We require a disabled person to be responsible for the day to day administration of the Personnel activities of the department.

Working under the general supervision of the Personnel Officer, the successful candidate will be given the opportunity to be involved in a wide range of Personnel activities, the major responsibilities being: the collation of statistics such as sickness monitoring data entry and extraction on computer systems and drafting routine correspondence as necessary.

It is essential that the successful candidate possesses effective communication skills, both written and verbal, is able to organise and prioritise work, can show experience of having dealt with people in difficult situations and is interested in the Personnel function.

It is also essential that the candidates have previous experience of working with either word processors, databases or spreadsheets.

Applicants must be committed to the promotion of equality of opportunity for all and be able to challenge discriminatory work practices.

This position is based in Lawrence House which has a number of stairs to negotiate on each floor and therefore may not be suitable for persons with mobility difficulties.

#### ALL APPLICANTS PLEASE NOTE:

Applications are particularly welcome from women, Asians, African Caribbeans and disabled people as they are currently under represented among our employees.

As from 1 January 1994 smoking is no longer permitted in council buildings or vehicles.

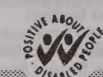
Application forms and further details available from the Personnel Manager, Chief Executive's Department, The Guildhall, Nottingham NG1 4BT.

**TEL: (0115) 935 0700.** Minicom service office hours only. Answerphone after office hours. Please note CVs cannot be accepted.

**Please quote Ref. DP/0941 on all correspondence and enquiries.**

**CLOSING DATE: Noon, 10 April 1995.**

'Job Share' applicants will also be considered from those who wish to jobshare with another person.



City of

**NOTTINGHAM**

An Equal Opportunity Employer



## The DISABLED DRIVERS' ASSOCIATION

The DDA is looking for 2 enterprising people to run and develop key roles for our growing needs. We are a self-help organisation run by disabled people primarily dealing with personal mobility issues. All applicants will be given equal consideration. Candidates with a disability will be regarded as having an additional qualification. Information pack available from the Personnel Officer, The Disabled Drivers' Association, National Headquarters, Ashwellthorpe, Norwich NR16 1EX. Written enquiries only, no telephone requests. Closing date 29th April 1995. Clearly mark your envelope "job applicant".

### EXECUTIVE DIRECTOR £25,000 PLUS PACKAGE

A full time high profile role with Scope for development. The areas of responsibility include policy development, national campaigns, liaising with Government departments and other external organisations, national and local representation, servicing the Management and Executive Committees and assisting members with personal mobility problems. Ability to attend evening and week-end meetings are essential. The post holder will work from home and will need to travel regularly to London.

### INFORMATION OFFICER £13,000

A new full time role based at our National Headquarters in Ashwellthorpe, Norwich. The areas of responsibility include assisting members with personal mobility problems, administering conferences and exhibitions, raising the profile of the Association through publicity and articles for various publications, providing other information as required. Ability to attend evening and week-end meetings when required.

## We will discriminate... but only on ability!

Too often, people are labelled on how they appear and not on what they can achieve. These are labels of ignorance which can lead to unfair or unlawful discrimination.

At Salford City Council, we are committed to equality of opportunity and will discriminate only on your ability to do the job. So if you feel you could do a job we advertise, whether full time or job share, apply!

If you would like details of current vacancies, contact the Director of Personnel Services, Salford Civic Centre, Chorley Road, Swinton, Salford M27 2BN, tel. 0161 793 3507 (answerphone service after office hours). Minicom 0161 793 2544 (hearing impaired applicants only).

Please quote ref DN1 in all communications.

City of  
**Salford**





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1. John Dankworth  
2. A Leveret 3. The Scaffold  
4. Judo 5. Kiwi 6. Leo  
7. Robbie Coltrane 8. Rita  
Stroud 9. John Stapleton.  
10. Anne of Cleves.

Deadlines for May issue:  
booking by 14 April,  
camera ready artwork/  
copy by 18 April.

CROSSWORD  
ANSWERS  
ACROSS: 1. Arthritis  
7. Afar 9. Grand piano  
10. Twig 11. Tangential  
15. Anal 16. Veal 17. Chubby  
18. Blouses 20. Gretel  
21. Odin 22. Erewhon  
DOWN: 1. Angst 2. Train  
3. Ridden 4. Thistle 5. Santa  
Claus 6. Tragedies 8. Fowl  
12. Anchored 13. Gambit  
14. Navy Blue 19. Echo

## Disabled Asian Women's Network

Ilford, Essex

Invites applicants for two part-time posts:-

a) Admin Worker - £5,500 p.a.

b) Outreach Worker - £4,400 p.a.

Applicants must have minimum 3 years experience working with elderly and disabled Asian women, speak Gujarati and Hindi or Urdu, hold recognised qualification in Disability Management and Enterprise Skills, preferably disabled.

For Application Form and Job Description, please write to:-  
DAWN, Eton Road Community Centre, Ilford, Essex IG1 2UF.

The posts are for two years.

Closing date: 7th April, 1995

Interview on 24th April, 1995



## WEST OF ENGLAND COALITION OF DISABLED PEOPLE, (FORMALLY ACODP)

requires a Disabled person as:

### CO-ORDINATOR, (FULL TIME)

(Salary: £19,290-£20,964)

to manage a radical organisation controlled by Disabled people involved in campaigning and community development.

Closing date: Friday 14 April

For an application form please contact Wendy Lee, The Yard,  
6 Sommerville Road, Bishopston, Bristol, BS7 9AA, tel: (0117) 9420721,  
(voice and minicom).

WECODP is striving to become an equal opportunities employer.

## LIMBLESS ASSOCIATION Director & General Secretary

Salary in the region of £18,000 - £20,000 inclusive.

Applications are invited for the post of Director and General Secretary of the Limbless Association to replace the current post holder who is due to retire later this year. Duties will include responsibility for:

- administrative and financial management;
- co-ordinating fund raising;
- operating as Company Secretary for the charity.

Relevant experience in caring organisations, charities or social/health services would be an advantage. Applicants should also have a sound knowledge of fund raising, publicity and public relations.

For a recruitment pack containing details of the job description, person specification and an overview of the terms and conditions of employment, please send an A4 stamped addressed envelope to:

Director and General Secretary  
Limbless Association  
31 The Mall  
Ealing  
London W5 2PX

Closing date for applications: 1 May 1995.

The Association is an equal opportunities employer.  
Disabled candidates who meet the short-listing criteria will be interviewed.

## WE'RE ABSOLUTELY POSITIVE YOU'LL WANT TO JOIN US

Having a disability often has no bearing on your ability to carry out a job. And where it has, a little creative thinking in the provision of aids or adaptations can make a real difference.

At Barnardo's we're taking positive steps towards recruiting people with disabilities to the whole range of posts within our London Division. These include staff working directly with children and young people, Managers, Secretaries and Administrators.

We guarantee that Registered/Registerable disabled candidates who meet the short-listing criteria for any of our posts will be interviewed.

People who are not disabled will only be considered if it proves impossible to find a suitable person with a disability.

Watch out for our regular advertisements in The Guardian, Community Care, The Voice, Care Weekly and local press.

Your application will be warmly welcomed.

WE'RE ABSOLUTELY POSITIVE OF THAT.

  
**Barnardos**  
LONDON

GIVING CHILDREN A CHANCE

THE ASSOCIATION IS  
AN EQUAL  
OPPORTUNITIES  
EMPLOYER.  
WE WELCOME  
APPLICATIONS FROM  
SUITABLY QUALIFIED  
AND EXPERIENCED  
PEOPLE,  
REGARDLESS OF  
RACE, GENDER,  
RELIGION,  
DISABILITY, AGE OR  
SEXUAL  
ORIENTATION

The Association delivers housing services to over 6,000 homes through eight area and local offices in the South, the Midlands and the North West. We provide housing for a range of client groups, including people who are homeless or poorly housed, disabled people of all ages, retired people, families and others in housing need.

## Employment Opportunities at Raglan Housing Association

If you are interested in working for Raglan or in finding out more information about current or future vacancies should write to the Personnel Officer, Raglan Housing Association Limited, Wright House, 12-14 Castle Street, Poole, Dorset, BH15 1BQ,

Alternatively, you will see our job advertisements placed in your local newspaper or in specialist journals such as Housing Association Weekly or Inside Housing.

We may not have any vacancies at present but will be happy to keep your details on file and contact you if and when the type of vacancy you are interested in arises.



Raglan Housing Association

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# Support our marathon stars

DN racers Ivan Newman and Rose Hill are red hot favourites for the 1995 Nutrasweet/British Sports Association for the Disabled (BSAD) London Wheelchair Marathon on 2 April.

Both led the 1994 men's and women's races but had to be content with runners-up medals after being beaten by the narrowest of margins.

This year's event promises to be even closer and DN readers can join in the excitement by sponsoring our competitors.

Money raised will again be used to expand and publicise DN's talking newspaper. This is a free service, paid for by DN, which is enjoyed by about 200 visually impaired and severely disabled people.

DN will have a bigger profile than ever on 2 April. We shall be teaming up with BSAD to provide 50 wheelchair racers with a DN t-shirt. And look out for our stickers on the sweep car, which helps racers repair flat-tires and breakdowns.

DN's competitors will cover 26.2 gruelling miles from Blackheath to The Mall, in front of Buckingham Palace.



Flowers and trophies for DN racers Ivan Newman and Rose Hill at last year's London Marathon

GRAHAM BOOL PHOTOGRAPHY

Rose Hill, from Milton Keynes, is sure to be one of the first home. She won the women's race in 1993 and with current champion Tanni Grey giving this year's event a miss, Rose has a great chance of regaining the title.

"I've been training hard in Australia and feel in fine form,"

said Rose, who has improved her best time to 1:43:52.

Ivan Newman, from Saffron Walden, has never won the London Marathon but came second in both 1993 and 1994. He led for most of last year's race but was narrowly beaten by his British team-mate and friend David Holding.

"It was very exciting," said Ivan. "The finish could not have been any closer. I was disappointed to have led for so long and then be caught, but full marks to David, he is a great athlete. I've been working hard on my sprinting and will be going all out for a win."

Ivan's main rivals are David

Holding, Belgian Georges Vandamme, and Hans Frei, from Switzerland, who holds the marathon world record with an amazing time of 1:21:23.

The wheelchair race starts 9.20am and the winner is expected to finish at around 11am. The non-disabled event begins at 9.30am.

## London Marathon Sponsorship Form

**PLEASE HELP** Rose Hill and Ivan Newman raise money for DN's talking newspaper

I would like to sponsor (please tick):

Rose Hill ☐ Ivan Newman ☐ Both racers ☐

at the rate of ..... per mile (each)

Total amount £..... Signature .....

Name .....  
BLOCK CAPITALS

Address .....

Postcode.....Daytime Tel No.....

Send your completed form to *Disability Now*, 12 Park Crescent, London W1N 4EQ. To save the cost of a stamp, why not send in your money at the same time? Cheques/POs should be made payable to *Disability Now*.



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## THE NEW LUXURY PUSHCHAIR FROM ALVEMA

Confidence comes with finding the right pushchair which combines comfort, control and ease of use, whatever the circumstances.

The new Max pushchair has been designed to provide seating comfort for your child, and at the same time to ensure maximum positioning and support.

Rugged construction on a standard lightweight frame helps you maintain balance and control, even when used on uneven ground.

The Max is adjustable to suit children from 1-12 years, and can be folded away easily for storage in the back or boot of a car. There is also a helpful choice of extra equipment included.

Alvema's new pushchair combines the practicality of earlier popular models of the Max with years of additional research and development to produce the most up to date in design and technical facility.



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